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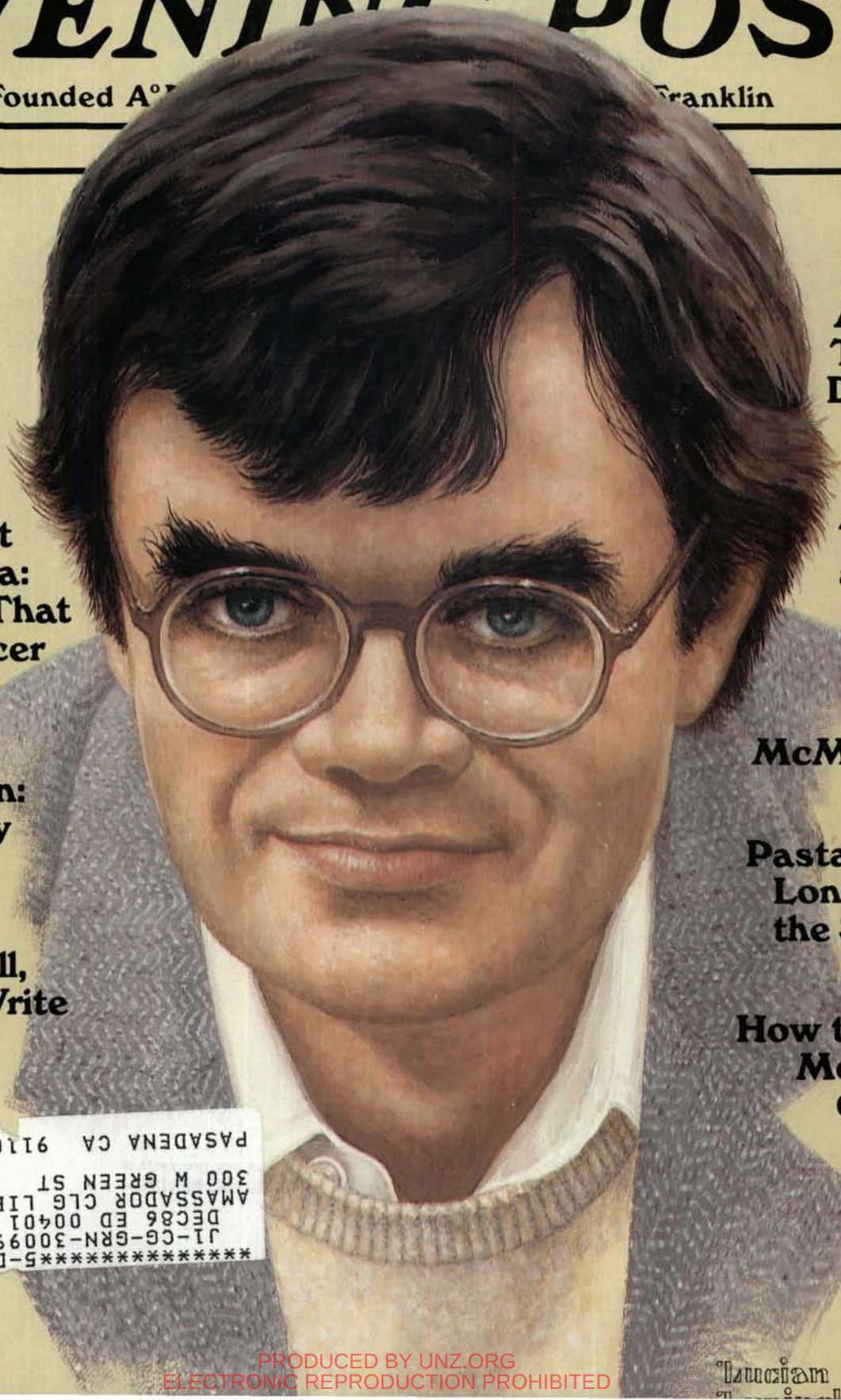

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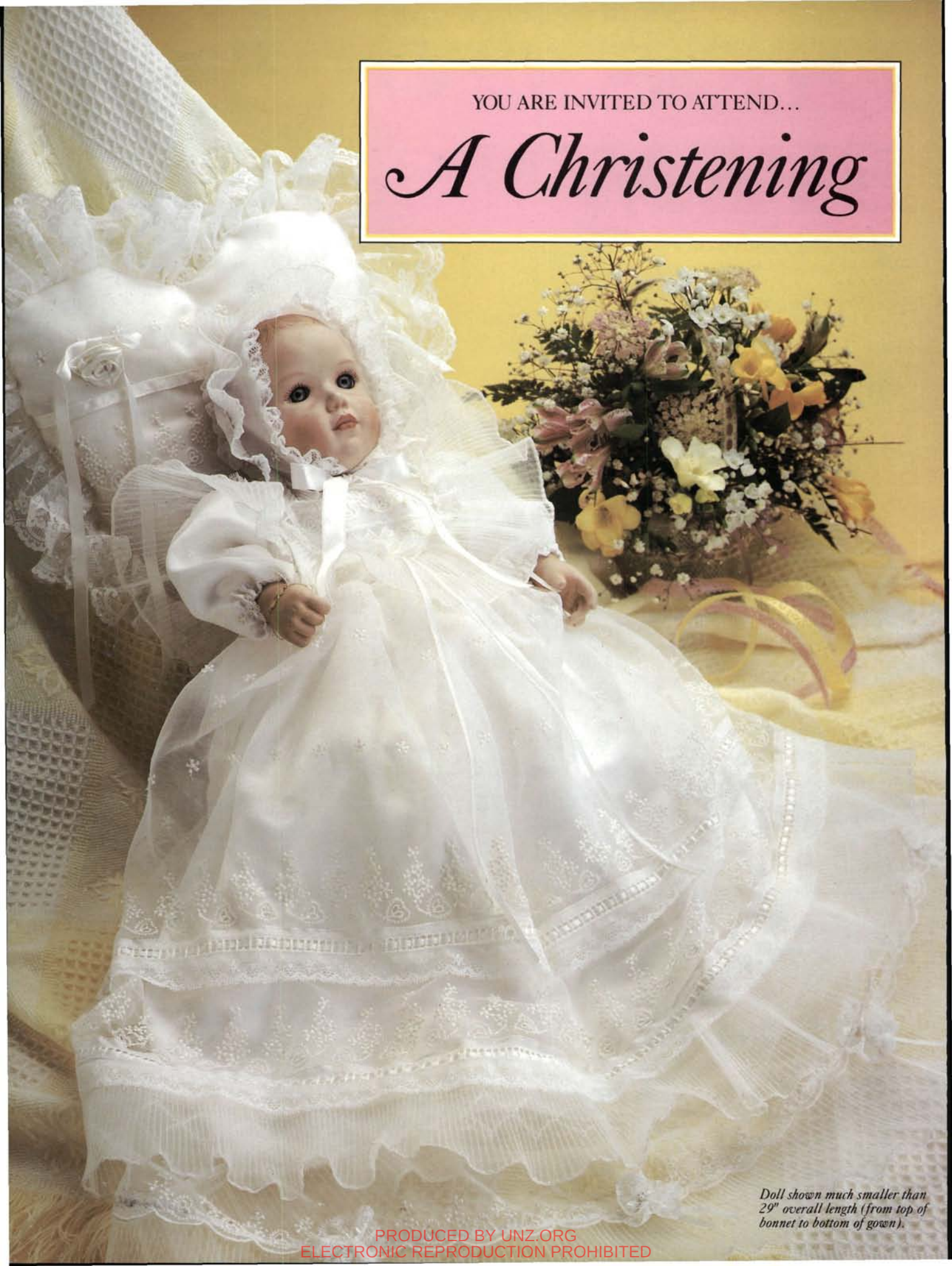

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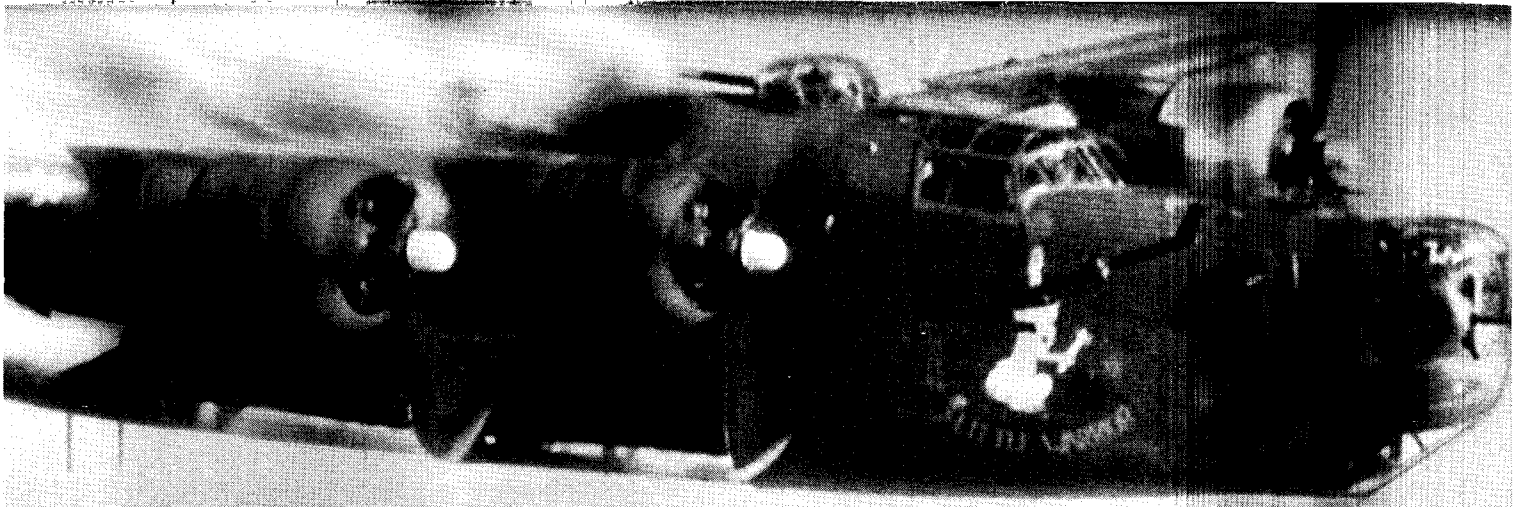

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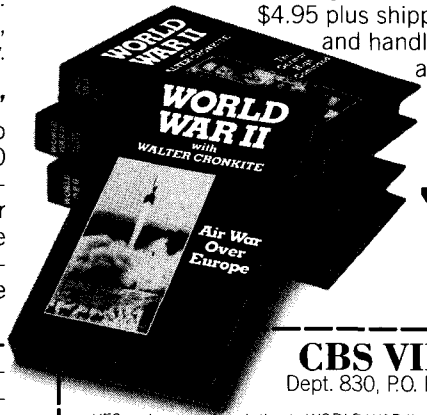

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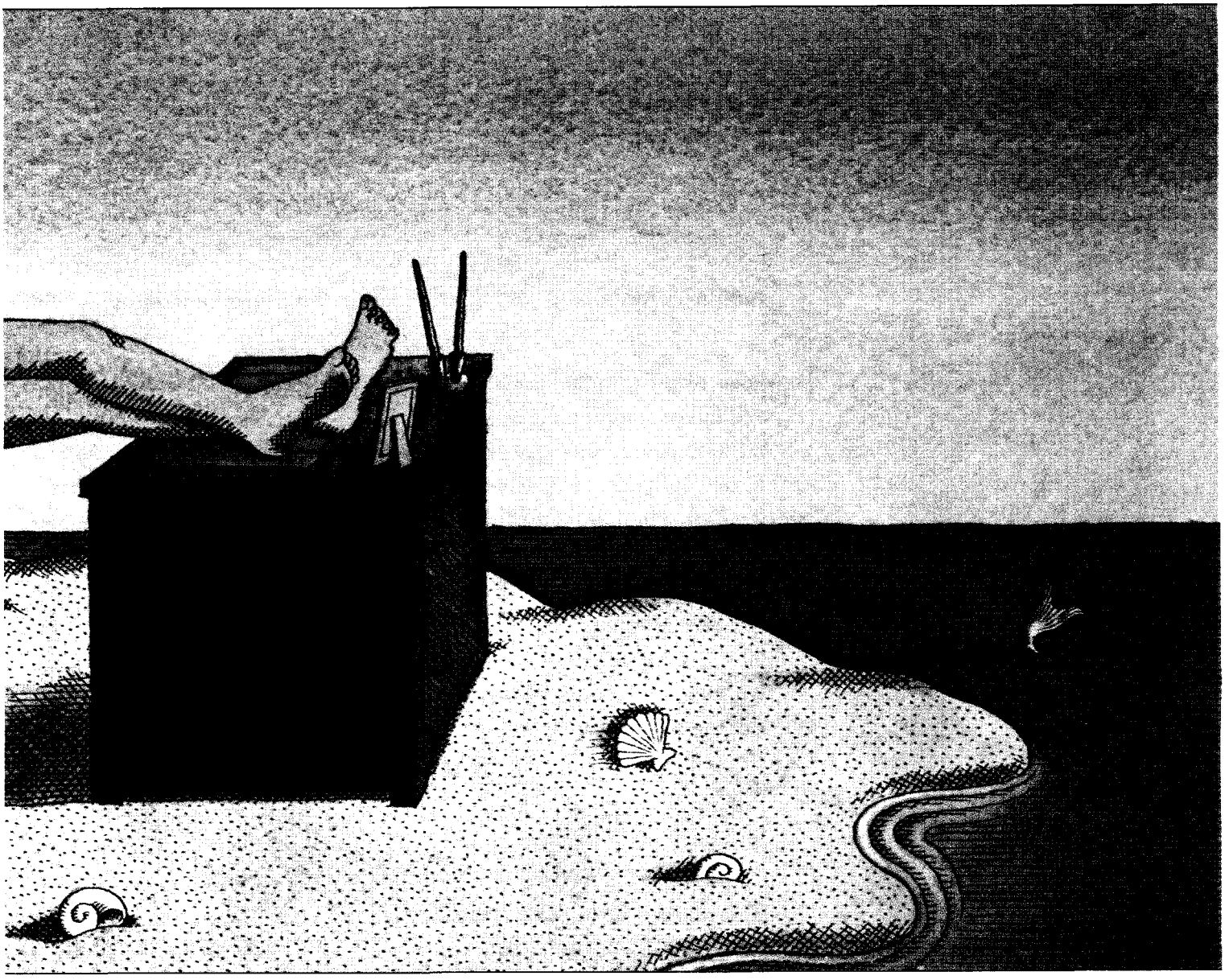

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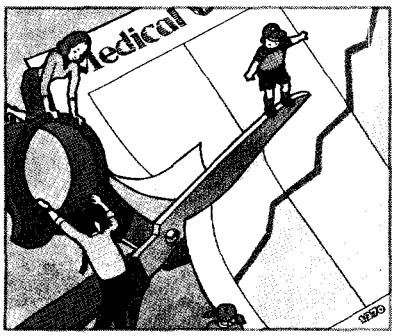

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Letters

Checked Up, Not Out

I am a 44-year-old wife and mother who had put off having a thorough physical exam for 12 years and had not been examining my breasts regularly. I feel that God had been working on me for some time to come out of the shadows and into the light in this area.

After reading your March '86 issue on the importance of early detection, I made an appointment for a checkup. The doctor found a lump in my breast, which turned out to be an early-state (1.7 cm) malignant tumor and which did not show up on the subsequent mammogram. Approximately two months after reading your article, I had a mastectomy and axillary-node dissection with no further treatment indicated. Thank you for possibly saving my life!

Katherine Graziano
Baldwin, Kansas

Inorganic Matter

I just finished reading your timely article "The Case for Magnesium."

Though much needed, ironically I found it well ahead of its time. Few are aware of the advantages of magnesium in the form of chloride, and emphasis on this particular form made the article all the more interesting to me.

I was first introduced to magnesium chloride during my studies with Dr. C. Louis Kervran, the late biophysicist from Paris who did the most unusual work with organic silica.

Thank you again for your interesting and informative article on magnesium, and I will watch for further articles by you on nutrition.

Dr. Richard Barmakian
M.D., Ph.D., D.V.M.
Pasadena, California

Magnesium for Migraine

I was pleased to read the article "The Case for Magnesium" in the June 1986 issue of the *Post*. I would like to offer two clarifications in regard to this excellent article. First, it was no accident that I discovered that magnesium prevents migraine. It came about as a result of 15 years of research on magnesium as the major

continued on following page

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cause of pregnancy-induced hypertension or pre-eclampsia with its accompanying fetal-growth retardation. The two diseases share a common link, known as vasospasm, in the fetal and maternal small arteries, and a concomitant activation of the blood platelets. The pregnancy condition is a generalized one, while the response in the migraine episode is confined largely to the cerebral circulation. The effective use of magnesium supplements in the prevention of pre-eclampsia and eclampsia thus led to its successful use in the migraine-prevention program.

The second clarification has to do with dosage. Those mentioned in your article were in actual milligrams of magnesium. Most pills have another substance such as chloride, sulphate, or amino acid, thus making the total greater.

Kenneth Weaver, M.D.
Associate Professor,
Obstetrics/Gynecology
East Tennessee State University
Johnson City, Tennessee

Body and Soul

Thank you for publishing a magazine that is helpful. The articles and stories are interesting and beneficial. And you do not overlook the spiritual.

In a recent issue you mentioned Slow-Mag. Will you please tell me where I can purchase this product?

F.C. Aldridge
Savannah, Georgia

In your June '86 issue you had an article by Bill Still entitled "The Case for Magnesium." I have tried every local store and no one carried the Slow-Mag tablet you speak of in the article. Can you please tell me where they may be purchased in my area?

Thank you. I really do enjoy your magazine and have had friends also start buying it after I told them of your informative articles.

E. Jane Stuart
London, Ohio

Please see page 25.

Hail to the Ex-Chief

Mr. Richard M. Nixon
c/o *The Saturday Evening Post*

Dear Mr. Nixon,

On the day that I read your article in the July/August edition of *The Saturday Evening Post*, my 13-year-old niece began chemotherapy at Shands Hospital in Gainesville, Florida. She, Leah Sparks, had been diagnosed two days earlier as having osteosarcoma. She will receive chemotherapy throughout the summer, with surgery scheduled in September 1986. Her doctor, Dr. Springfield, has told my brother, the Rev. Kelly S. Sparks, that with chemotherapy and amputation of her left leg above the knee, her chances for a full recovery are good. All of her doctors say that her chances are increased by her excellent outlook. She is a gifted straight-A student who hopes to become a lawyer (if her plans for soap-opera stardom fall through).

The purpose of this letter is to say "thank you" for signing the National Cancer Act in 1971. I pray that your desire for the "conquest of cancer" to be "our greatest victory" is met in Leah's lifetime.

Kay Ann Sparks-Smith
Kingsport, Tennessee

"Acting against Cancer" (July/Aug '86) by Richard M. Nixon, illustrated by Lucian Lupinski, should make many of us realize what a truly great president Mr. Nixon was, and what a really fine "First Family" occupied the White House during his years as our president. It was good to see him looking so good! God bless you, Mr. President.

Elmer N. Stuetzer
Saint Louis, Missouri

Not a Gas

I have a 50-year-old daughter, who is always complaining about gas in her bowels. She is afraid to go away because you can hear her bowels rumbling.

I missed seeing the diet mentioned on page 109 in the April issue.

Esther M. Noecker
New Columbia, Pennsylvania

Please write to:
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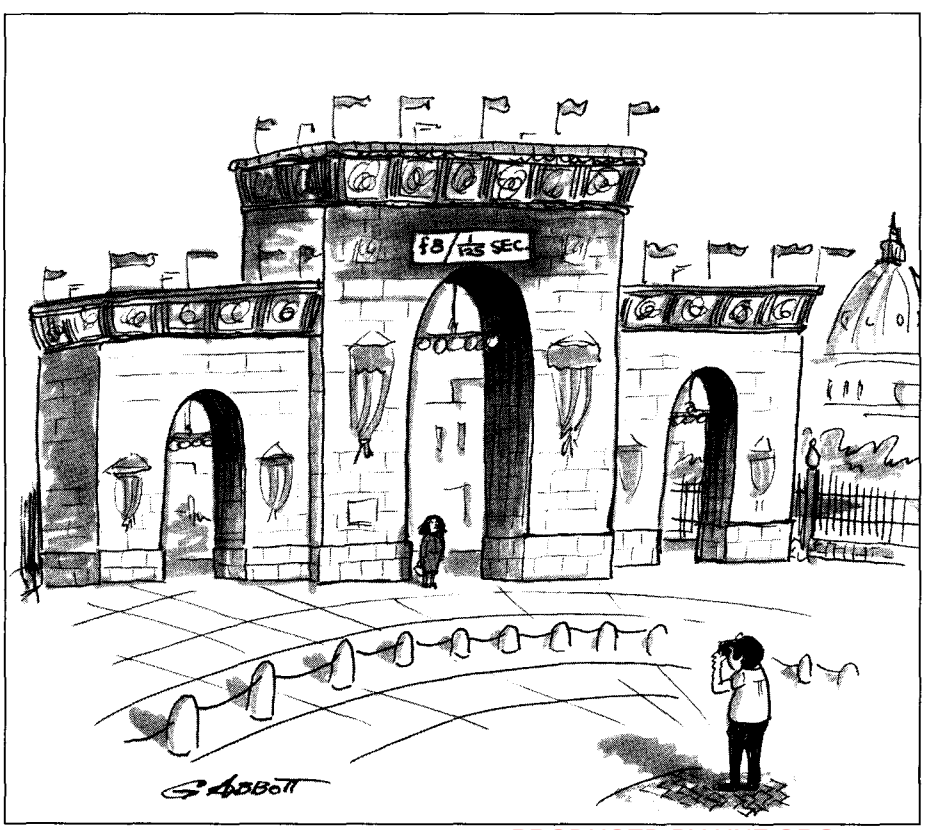

Letter from Camp

Last night I was reading by candlelight in this mining camp in Liberia, West Africa, from the November '82 *Post*, an article called "Let's Beat the Russians to a Cancer Vaccine." When I came to the paragraph about wanting some *Post* reader to learn what the African children eat, I got excited.

I am an American who has followed my husband to Africa. Our

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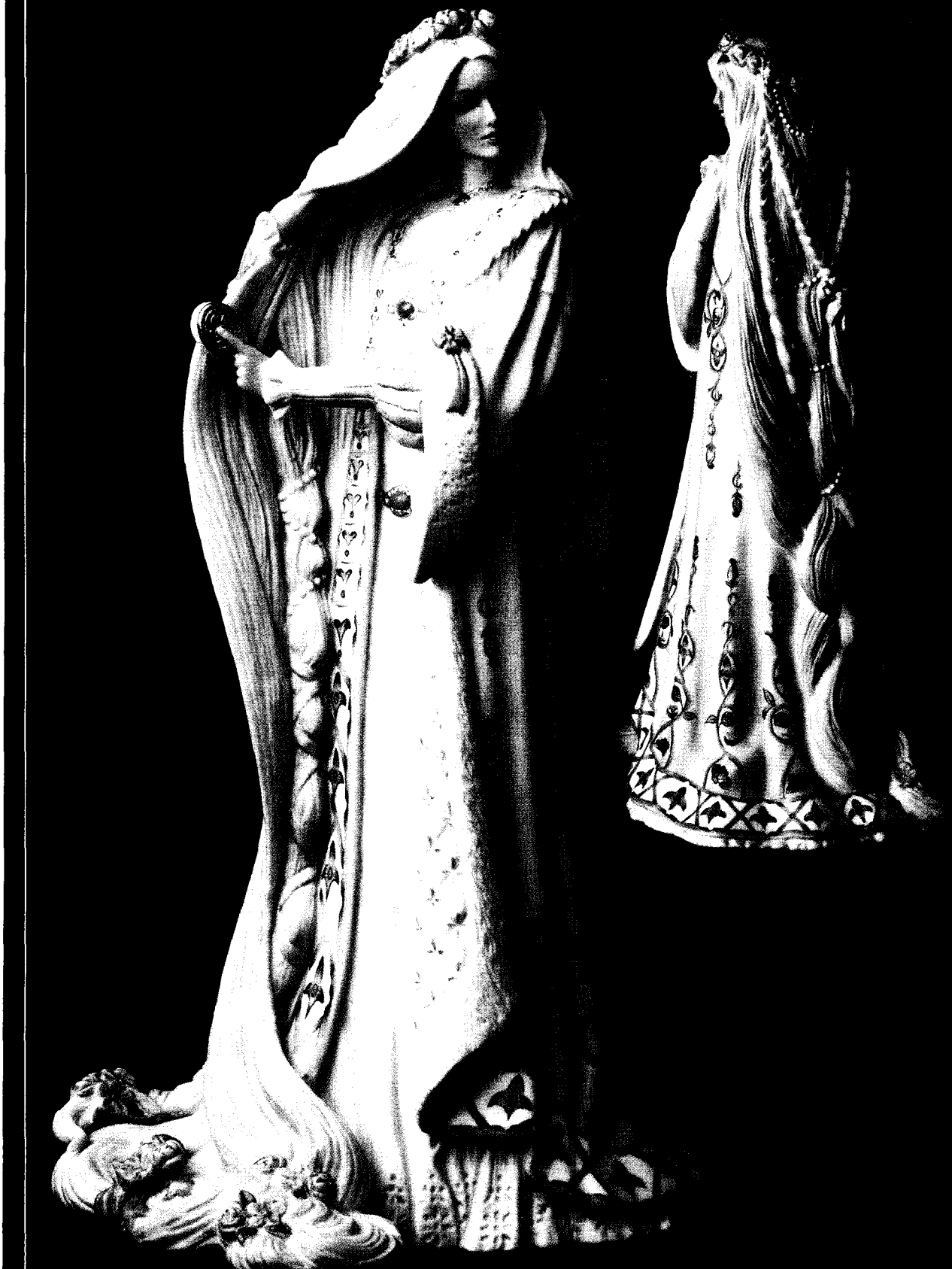

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camp is in the bush, and I have plenty of opportunities to talk to the natives of this country. Also, I believe in and live by a diet similar to the principles you espouse in the *Post*, so I have an interest in these things. I am bored and it would be a privilege to do something that would be helpful.

If I can help, I'd need to know what specific questions I should ask. We go into Monrovia, where we get our mail, about every three weeks. I hope I hear from you soon.

Sherra E. Hays
Monrovia, Liberia, West Africa

Facing Up

I have learned so much by really paying attention to diet and using L-lysine, and I would like to share the other things that have helped.

When I notice a herpes infection starting on my face, I immediately put antibiotic on the spot, and within three or four applications, it usually disappears; whereas in times past, it could last as long as ten days to two weeks with continuous pain and unsightliness.

I had shingles 2½ years ago, and it seems like I have it again—an occasional outbreak of little white spots just under the surface of the skin—not painful, however.

I am now taking 1,000 units of L-lysine per day to keep it down and watching my intake of arginine.

I would like to help with the survey again in a few months.

I didn't think much of your Amaranth Corn Bread; however, I had good results with my regular corn-bread recipe using amaranth.

The Apples Amaranth was terrible without milk, so I recooked it with milk, and it turned out delicious.

Louise McDonald
Hayward, California

Train Tracking

About 60 years ago I enjoyed a series of stories in the *Post* about a group of youngsters and the amusing predicaments they got into. I don't remember the author's name.

In these stories it referred to some of them drinking a substance they called "train oil," along with their athletic training. I have always wondered what the substance really was. It surely couldn't be lubricating oil for trains; that would be poisonous. It mentioned one kid drinking a pint a day. I would think that a pint of any oil, even the most healthful, such as corn or safflower oil, would make one sick. Yuck! And think of the calories! I wouldn't drink a pint of any oil, without a stomach pump.

I wonder if any of the editors, or any readers, might know what substance it referred to—even though they were fiction stories. I would presume it was an actual substance. I wish the *Post* would reprint some of these stories. I probably have some of them around yet, if I could find them. I never destroy a *Post*.

Robert D. Smith
Swisher, Iowa

We are unable to locate the article. We checked under "Youths," "Juveniles," "Train Oil," "Lubricating Oil," and "Poisons," but were unable to find the story.

Generally, fictional articles from the old Post *were catalogued under the story's title and the author's name only. The only other way to locate this type of article is to have the exact publishing date.*

Can any reader help Mr. Smith remember?

All That Glitters

I read with interest your article on "The Golden Girls," who began as Saturday-night favorites in our home, as in millions of others. I agreed with most of your judgments concerning this senior-citizen foursome, with one regrettable exception.

They started out the season with wholesome fun, but in several episodes of late they have degenerated into repulsive indecency and flagrant defiance of the moral codes of conduct that form the basis of American home and family life.

Your excellent magazine characteristically stands for high moral standards, and I was surprised and disappointed that you made no reference whatever to the pornographic language and conduct they have flaunted before us recently.

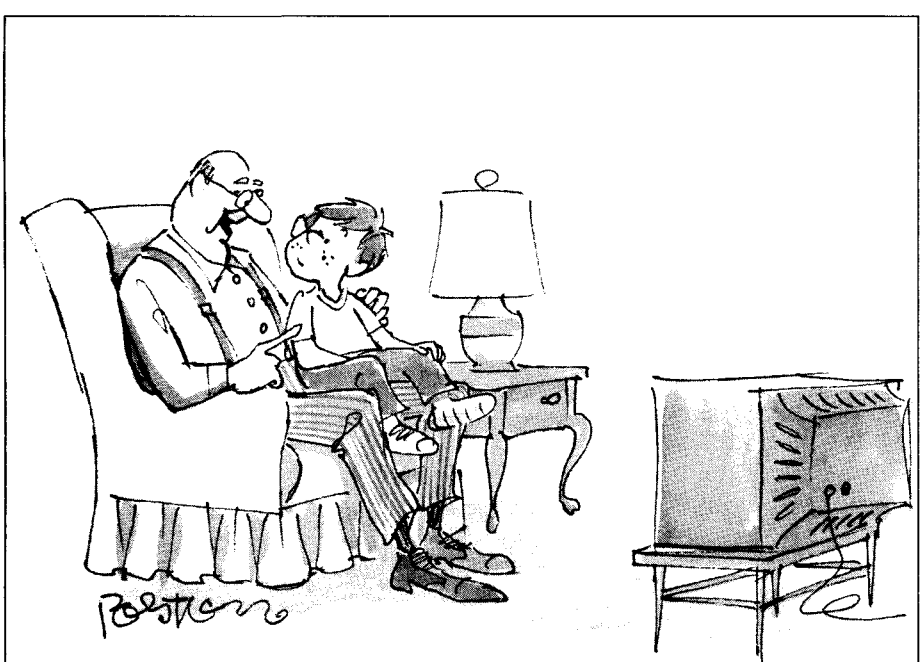
Many senior citizens feel the show is an insult to our age group, and I notice its ratings have slipped of late from the top-ten favorites, largely I believe because of their moral indecency. They do so many things right—can't their writers be induced to "clean up their act"?

Floyd Faust, Ph.D.
Columbus, Ohio

Grandmother's Poem

I have enjoyed the latest issues of the *Post* and congratulate you on your choice of articles, cartoons, and other features. I especially enjoyed the article on Billy Graham in your

continued on following page



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March 1986 issue of the *Post*.

Actually, I remember the *Post* from my childhood in Illinois; a friend's family always had it, and certain features were a great attraction.

I am enclosing a poem written by my mother, who died some years ago. The poem was never published and I have always thought it was an excellent little piece that would speak to the ears of the older generation.

Mrs. J.M. Isais
Mexico City, Mexico

My house, so empty, so still,
Just a house it seems, not a home.
The children grown, I sit—alone.

But tonight! It's a home!
Just as quiet, just as still,
But now it's warm and bright with cheer—
Tiny grandson's sleeping here!

—Esther R. Fletcher

More Than Talk

Having only recently subscribed to *The Saturday Evening Post* (seven issues), I wish to compliment and thank you for such a fine magazine. The *Post* not only entertains, it also informs and directs. Your column "Money Talk" is what prompted me to write—instead of secretly admiring the *Post*.

The "Money Talk" (May/June '86) column "Investing in Nostalgia" called to my attention the hidden treasures that are in one's home. Of particular interest to me was the mention of "Barbie Dolls." I have none but do remember when they were introduced. What I do have is a "Toni" doll, vintage 1956. Is there some way to gather more material on this doll?

Thanks again for creating a magazine that I look forward to receiving.

Mary Ann Edenfield
Savannah, Georgia

A number of books and magazines on dolls in general, and "Toni" in particular, are in print. Of major interest is Modern Collector Dolls *by Patricia Smith, published by Collector Books. A five-page chapter is devoted entirely to the "Toni" product. Three doll-collector magazines may be of help: "The Doll Castle News," "Doll Reader," and "The Doll Times." All should be available at a local library.*

Malignant Hyperthermia

My sister-in-law called my attention to the letter concerning malignant hyperthermia in your magazine. In April 1985, our 23-year-old son underwent four-hour surgery (maxillofacial) to correct an overbite. All the tests were made, and everything turned out normal—or so we thought. We were unaware that anything was wrong, until we saw our son in intensive care. It was then the anesthetist told us he had had to switch the anesthetic during the operation because our son's heart was racing. The doctors were very puzzled at first. Our son's kidneys almost went bad, his urine was the color of dark iced tea, and he was in pain. A urologist was called in and he started flushing him out. The doctors told us they were sure he has malignant hyperthermia. We had never heard of it. They also said he was lucky to survive the operation.

With treatment and a longer stay in the hospital, he recovered with no apparent damage. We were also told it was inherited—and something about the genes. We were told that one of the parents and our other two sons have a 50 percent chance of having it. There is a muscle biopsy test that can be had for malignant hyperthermia. Our son's CPK runs high (around 430); I believe the normal is 100.

I am sending you a copy of what the doctor gave us.

This is a very serious and dangerous problem. Like the lady who wrote to you, please investigate and inform the public about malignant hyperthermia. It could mean life or death. Our son wears a necklace that says he is MH-susceptible, and in an emergency, we have a number to call. I think the quick action of the anesthetist was what saved our son's life. I'll be forever grateful to him and to God for sparing our son. In the future, now we know, he cannot have Sodium Pentothal or other muscle relaxant anesthetics. I just wanted to share this with you.

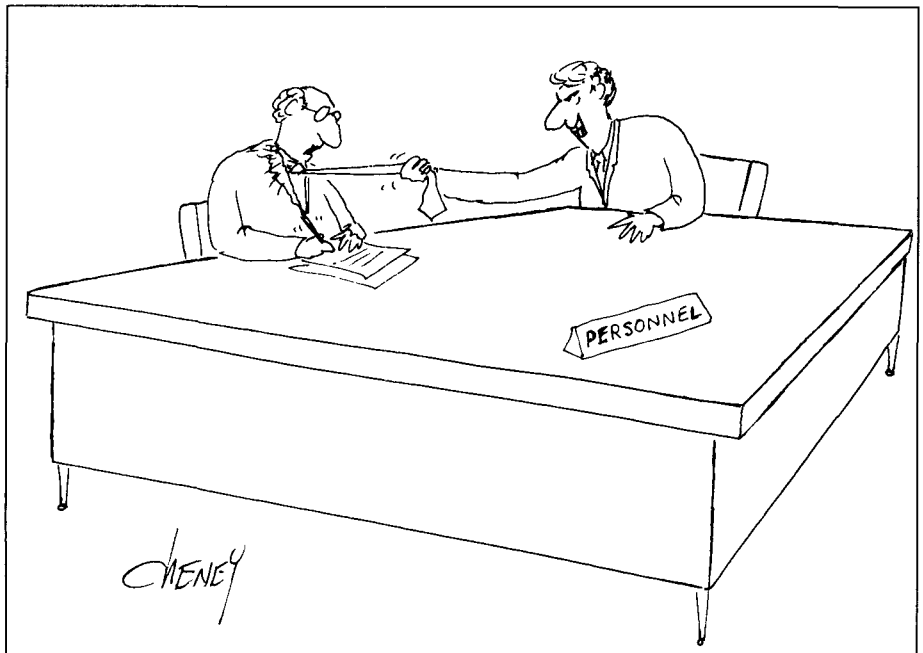
Mrs. Jack Wishon
Yadkinville, North Carolina

Please see page 109.

Practices Imperfect

In noting a couple of responses to the article "Help Prevent the Spread of AIDS," I am glad to see that Dr. SerVaas calls "promiscuous or deviant sexual practices" exactly what they are. It is my hope that she will continue to educate us all, including the "gay readership," especially since they are the ones suffering the more severe consequences. To suggest that homosexual activity can be practiced as "safe sex" or compared with natural sexual activity is a deception.

Mary Lamkin
Muskegon, Michigan



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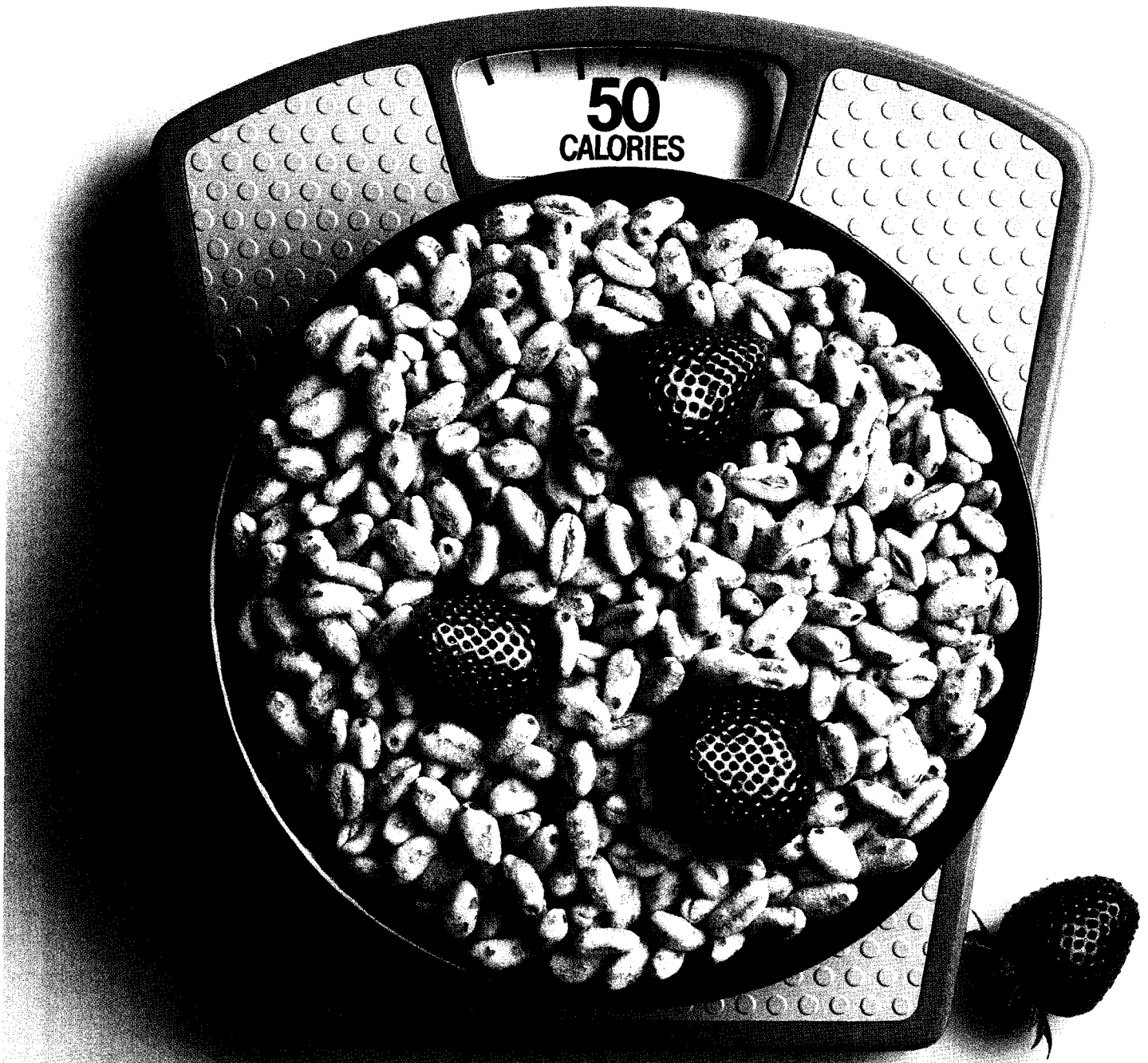

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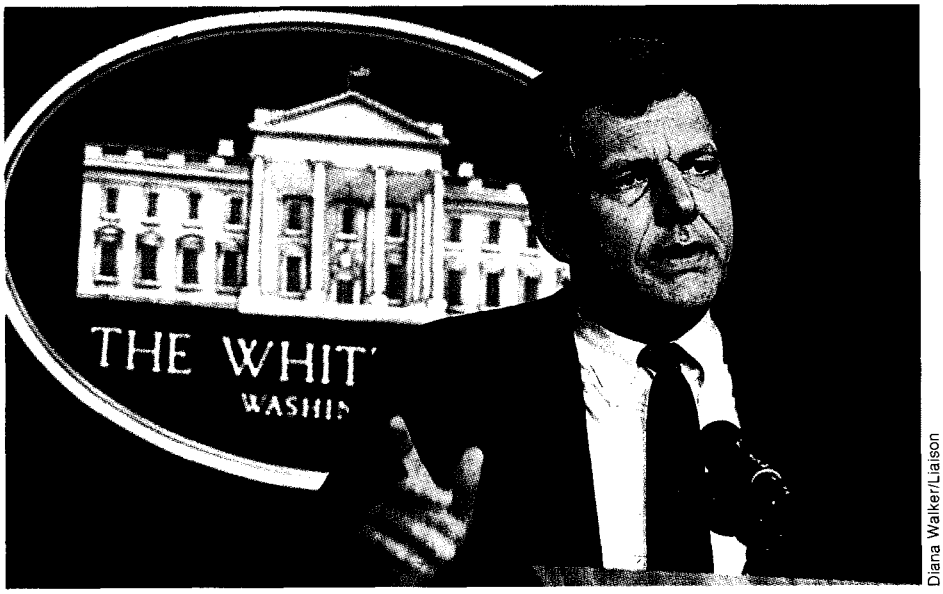
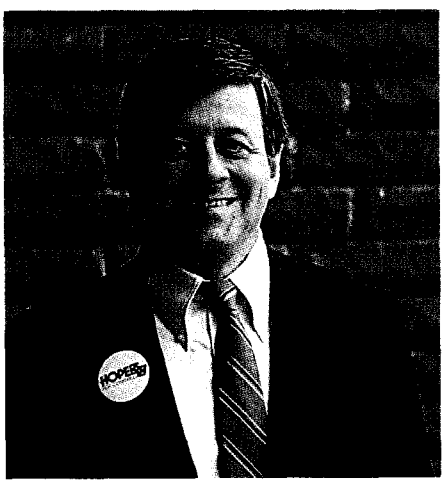
Post People



Diana Walker/Liaison

Dr. William Bennett, U.S. Secretary of Education, runs into some tough questions in his lecture series for seventh-grade classes. One of the toughest questions: "How can you tell a good country from a bad country?" In fielding it, Secretary Bennett said, "I apply the 'gate' test. When the gates of the country are open, watch which way people run. Do they run into the country, or do they run out of the country?" His astonished student said: "No one ever told me that before."



Eric Sander/Gamma-Liaison

Tony Hope may have lost his bid for the Republican nomination for congressman from his California district, but the defeat can't be pinned on his famous father. When Tony asked for his dad's support, Bob Hope responded, "How much is it gonna cost me?" After being assured that the legal limit for a campaign contribution was $1,000, Bob said, "O.K. . . .ask your mother." Tony is now mulling over plans for a future run.

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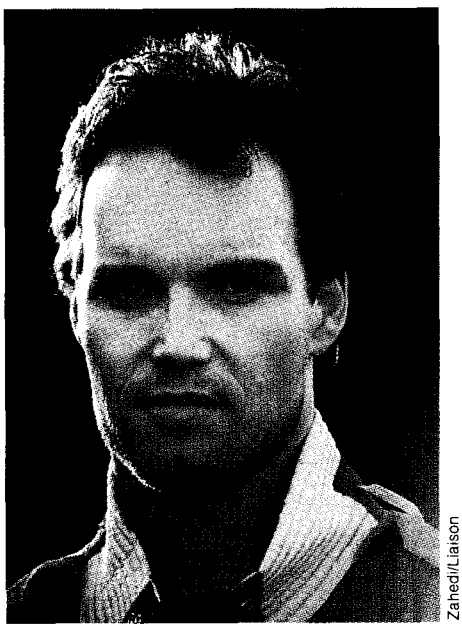
Some Olympic gold-medalists may be put on ice after the games—not ***Peggy Fleming***, though. She has skated and commentated from Atlantic City to Knott's Berry Farm to China, where she conducted the first Chinese skating clinic. This summer she figured in the Statue of Liberty fete in New York and covered the Goodwill Games in Moscow for Turner Broadcasting; she's scheduled to cover the 1988 Winter Olympic Games for ABC-TV.

If the name ***Fraser Heston*** doesn't ring a bell, prepare for a loud clang. Mr. Heston will write the screenplay for and produce *See You Later, Alligator*, a William F. Buckley spy novel. Buckley's favorite spy, Blackford Oakes, will be played by a handsome chap in his 20s. Only the age prevents Fraser's dad, Charlton Heston, from being cast as the lead.

Lydia Clarke Heston

Patrick Reynolds has quit smoking after ten years. So? So, he is the grandson of the tobacco-company founder, R.J. Reynolds. Patrick has signed on to help the American Lung Association in its antismoking campaign. The California actor, who inherited $2.5 million from his grandfather, says: "I would like to make up for the damage my family has done."



Zahedi/Liaison

And what would grandpop think of his activities? "I think he's up there smiling at me," Reynolds says.

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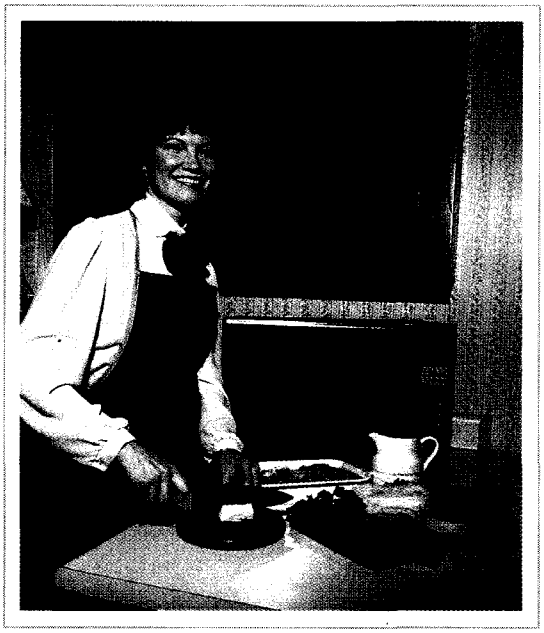
TOFU FOR TWO

Tantalizing dishes made from the world's healthiest form of protein lend an ancient Oriental staple a truly American flavor.

by Jacquelyn Nyenhuis

For almost 2,000 years Oriental cuisine has harbored the secret of the versatile soybean curd known as tofu. In recent times, tofu has become popular in this country as well. It suits America's trend toward healthier eating because it provides the most complete protein of all the vegetable products.

The delicate consistency of tofu comes from soybean milk. A solidifier causes the whey to separate from the curds, which are then pressed to form a block. In Japan and China, where tofu is used extensively, there are seven varieties based on the texture and the flavor of the curd. American supermarkets offer as many as three varieties: The soft curd works best for preparing soups and sauces. The medium and firm curds are used in casseroles because they hold their shape better when stirred. The following recipes have been developed to accommodate any of these types of tofu.



The *Post* food writer Jacquelyn Nyenhuis uses tofu in everything from bread to manicotti.

Although microwaving other types of protein may be a bit tricky, tofu is not. A natural for microwaving because it does not change texture during cooking, it requires only a short time to heat, and it adapts well to cooking in small quantities. Leftover tofu can be stored up to five days in the refrigerator or about three months in the freezer. Freezing tofu changes the consistency of the curd and makes it more firm and textured, a desirable change for some casseroles because the tofu takes on the texture of meat. The change in texture, however, would not be as welcome in a sauce where a smooth, creamy consistency is desired.

The time required to cook foods in the microwave depends directly on the quantity of food. The following recipes are for serving sizes of two. If you double the recipe, then double the cooking time also. This holds true for most recipes, except those that require a specific time for an ingredient to become tender as with the manicotti noodles in Stuffed Manicotti. If you increase the number of noodles but use the same amount of water, there is no change in the cooking time. For this reason, directions are given for preparing a larger quantity of the manicotti entrée and then freezing half for later.

Tofu mingles best in dishes with strong, assertive flavors. This cheese-like curd can change its personality by picking up the flavors in a particular dish. Tofu takes on a traditional Oriental flavor in Vegetable and Walnut Stir-fry; Tofu Regatta has an Italian flair. Peanuts lend their exotic flavor to tofu in Cold Layered Salad with Peanut Sauce. Tofu can even create a complete protein bread in which whole-grain flavors predominate.

It is almost impossible not to like tofu, because it can be transformed into such a wide variety of entrées. If the flavor of one dish is not to your liking, another will be. Each recipe is an introduction to the wonders of tofu.

Arrowroot, more easily digested than most other starches, is used in this recipe for thickening. If using cornstarch in place of arrowroot, double the amount.

Vegetable and Walnut Stir-fry

(Makes 2 servings)

¼ cup walnuts
½ teaspoon cooking oil
½ cup sliced carrots
2 tablespoons water
½ cup broccoli pieces
½ cup sliced fresh mushrooms
½ teaspoon chicken bouillon
2 tablespoons soy sauce
½ teaspoon arrowroot
¼ teaspoon ginger
⅛ teaspoon dry mustard
½ cup fresh bean sprouts
4 ounces cubed tofu

Microwave walnuts and oil in small dish at High (100 percent) until lightly toasted (2½ minutes); set aside. Combine carrots and water in 1-quart casserole dish; cover. Microwave at High until carrots start to become tender (1½-2 minutes). Add remaining ingredients except sprouts and tofu and toss lightly to coat vegetables; cover. Microwave at High until vegetables are tender-crisp (3-4 minutes). Stir in sprouts, tofu, and walnuts. Microwave at High (1-2 minutes) or until heated through.

Microwave tip: To make 4 servings, double ingredients and use a 1½-quart casserole dish. Microwave all but the first step (time remains the same) twice as long.

Cold Layered Salad with Peanut Sauce

(Makes 2 servings)

⅓ cup water
2 tablespoons low-sodium soy sauce
3 tablespoons peanut butter
1 teaspoon vinegar
½ teaspoon chicken bouillon
4 ounces cubed tofu
2 tablespoons sunflower seeds
½ teaspoon cooking oil
6 ounces bean threads
1 small tomato, chopped
2 green onions, sliced
1 small cucumber, peeled
1 tablespoon sesame seeds

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Combine water, soy sauce, peanut butter, vinegar, and bouillon in small dish. Microwave at High (100 percent) until heated (2-3 minutes); stir once. Add tofu and toss lightly to coat; set aside. Microwave sunflower seeds and oil at High in small dish until seeds are lightly toasted (1½-2 minutes); stir once. Set aside. Soak bean threads in water 10-15 minutes. When tender, drain well and cut into 4" lengths. Place half of bean threads on each plate. Layer with onion, tomato, and julienne slices of cucumber. Top with tofu mixture and sprinkle with sesame seeds.

Herb-and-Onion Bread
(Makes 1 loaf)

1 package active dry yeast
½ cup warm water
¼ cup minced onion
½ pound tofu
3 tablespoons cooking oil
1 tablespoon honey
1 teaspoon salt substitute
1 teaspoon dill seed
1 cup high-lysine amaranth flour
3 cups whole-wheat flour
¼ to ½ cup high-gluten flour
2 tablespoons toasted wheat germ
1 tablespoon sesame seeds

Combine yeast with water. Let stand until yeast is softened. In large mixing bowl, combine onion, tofu, oil, honey, salt substitute, and dill seed. Add yeast mixture and stir until smooth. Blend in flours until mixture forms stiff dough. Turn dough onto floured surface. Knead 5-10 minutes or until smooth; add additional flour if needed. Place dough in greased 2-quart bowl; turn dough to grease top. Cover with plastic wrap. Let rise in warm place 1-1½ hours or until almost double in bulk. Punch down dough. Grease 5"x 8" microwave loaf dish and sprinkle with wheat germ. Form dough into loaf and place in dish. Sprinkle with sesame seeds. Cover with plastic wrap and let rise in warm place 1-1¼ hours or until almost double in bulk. Remove plastic wrap and cover with paper towel. Microwave loaf at High (100 percent) until no longer doughy and surface springs back when lightly touched (5-6 minutes); rotate loaf once.

Stuffed Manicotti
(Makes 2 servings per casserole)

4 cups water
1 package (8 oz.) manicotti shells
1 package (10 oz.) frozen chopped spinach
8 ounces tofu
2 cups (8 oz.) shredded mozzarella
1 egg
4 cups spaghetti sauce
½ cup Parmesan

Microwave water in 3-quart casserole at High (100 percent) until boiling (10-12 minutes). Add manicotti shells and microwave at High until tender (8-10 minutes). Drain and rinse shells with cold water; set aside.

Put spinach box on plate and microwave at High until tender (5-6 minutes). Combine spinach, tofu, Parmesan, egg, and half of mozzarella in small mixing bowl. Stir until well combined. Stuff spinach mixture in manicotti shells. Place half of shells in 1-quart dish; top with half of sauce; cover. Place remaining shells in another 1-quart dish, and top with remaining sauce. Freeze one casserole dish of manicotti, if desired.

Microwave one dish at High until heated through (8-10 minutes). Top with remaining mozzarella; microwave at High until cheese is melted (2-3 minutes). To serve frozen manicotti entree: Thaw completely and follow as directed above.

A tasty combination of vegetables, tofu, and cheese is smothered in an Italian sauce. For a variation, substitute other summer vegetables such as yellow squash, mushrooms, or green pepper.

Tofu Regatta
(Makes 2 servings)

½ cup cubed eggplant
½ cup cubed zucchini
1 small onion, chopped
1 clove garlic, minced
4 ounces cubed tofu
½ cup favorite spaghetti sauce
1 tablespoon parsley
¼ cup shredded mozzarella

Combine eggplant, zucchini, onion, and garlic in 1-quart casserole; cover. Microwave at High (100 percent) until tender (3-4 minutes); drain. Add tofu, sauce, and parsley. Toss lightly to combine, and sprinkle cheese over top. Microwave at High until heated through (2-3 minutes).

Microwave tip: To make four servings, double ingredients and use 2-quart dish. Increase first microwave time to 5-6 minutes. The last microwave time remains unchanged.

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MONEY TALK

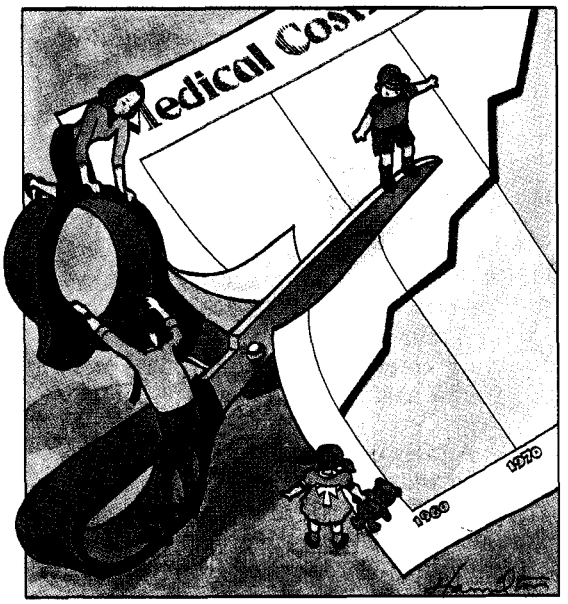
CUTTING YOUR MEDICAL BILLS

If your health-care costs are making you sick, try these suggestions for a quick and painless cure.

by Marshall Loeb

Illustrated by Marcus Hamilton

The price of a visit to the doctor has tripled since 1967, from an average of $11 to more than $33. In that period, the cost of a day in the hospital has gone up sixfold, leaping from $34 to $212. Although health-insurance policies are more generous than ever, you will probably still face some sizable medical bills if you or a family member becomes ill or injured. But you can negotiate with your doctor, save on drugs, and use other safe strategies to trim the bills your insurance does not pay.



One means of cutting your costs is simply to ask your doctor to lower his price—if you consider it out of line or if you think your steady patronage entitles you to a discount. Physicians' fees are surprisingly negotiable.

You can also save on drugs. Health insurance may pay up to 80 percent of your prescription-drug bill, but you will pay 20 percent of a smaller amount if you buy generic drugs. They are virtually identical to brand-name drugs in all but a handful of instances. Ask your doctor to write out the generic name or to indicate on his prescription that the pharmacist is at liberty to substitute a generic equivalent of a brand-name drug.

When you buy either kind of drug, remember that you will likely get a better price from a chain drugstore than from an independent druggist, because chains can buy in bulk. So can mail-order outlets, another good alternative.

Only five out of ten Americans have dental insurance, so comparison-shopping for a dentist can produce significant savings. In New York, for example, you can pay as little as nothing or as much as $50 for a routine cleaning.

A way to save, at least on simple procedures, is to let dental students practice their skills on your teeth at a clinic at any of the 60 U.S. dental schools. Clinics do work for fees that are roughly half what you would pay a regular dentist. These students are in the final two years of their four-year dental-school education, and you will be relieved to know that they are closely supervised. Trouble is, they may subject you to three times as much time in the chair as experienced dentists.

A less trying way to save may be to seek out a dental clinic run by a hospital. These clinics are staffed by new graduates, who are faster and less error-prone. They command higher fees than students, but they also charge as much as one-third less than private practitioners.

For mental-health treatment, medical insurance usually does not cover more than half the cost of psychotherapy, and psychiatrists in private practice charge $40 to $100 for a 50-minute hour. Fortunately, there are less costly—and equally beneficial—options.

Psychologists and specially trained social workers can treat people with emotional problems at a fraction of what psychiatrists charge. For anything other than individual treatment in the therapist's office, you usually can save money. The same therapist might charge you only half as much to treat you in a clinic as in his own private office.

Group therapy, which costs $15 to $50 a session, offers another way to save. Or if you suffer from a well-defined problem, such as anxiety about a new job, brief psychotherapy might be your best course. The treatment aims to accomplish a specific goal in a limited number of sessions, typically 20.

Still another expense you can reduce is that for eyeglasses or contact lenses. Ophthalmologists provide the contact lenses that they prescribe, but usually you must take an ophthalmologist's prescription for eyeglasses to an optician, who grinds the lenses and sells the frames. Ophthalmologists charge $30 to $50 for a routine examination and up to $250 for a pair of soft lenses.

But if you don't have complex vision problems, investing in an exam by an ophthalmologist is like retaining a Nobel-prize-winning economist to figure your taxes. For a routine eye exam, see an optometrist. He prescribes *and* sells both eyeglasses and contacts. Including an eye exam, a pair of glasses bought from an optometrist costs roughly 10 percent less than a pair prescribed by an ophthalmologist and bought from an optician.

Editor's note: Ophthalmologists often find such diseases as diabetes, hypertension, glaucoma, arteriosclerosis, pernicious anemia, tumors, and other health problems that are sometimes first detected in the eyes. You may not require an ophthalmologist every time you go for glasses, but regular checkups by an ophthalmologist are certainly a good health investment in your wellness.

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VETS ON PETS

FIRST AID FOR AILING PETS

Do you know what to do if your dog overheats or your cat takes a nip of a live electric cord?

by H. Ellen White, D.V.M.

Pet medical emergencies occur at the least opportune times: at night, on weekends, or while the regular vet is at a convention in Hawaii. On such occasions, or when an injury is severe enough that immediate care is vital, it pays to be prepared with some knowledge of first aid.

The first rule is to avoid injuring yourself while aiding your pet. Distressed animals should be approached with caution, for they can be dangerous. Wrap the pet in a towel or a blanket to keep it immobile. If an injured dog attempts to bite, wrap gauze or a long strip of fabric around its muzzle and tie the ends behind its ears.

Would you know what to do in case your dog should happen to step on the claws of the neighbor's cat?

Bleeding

If the pet is bleeding profusely, apply direct pressure with your hand or with a bandage over the bleeding area. Place a clean cloth or a gauze pad over the wound and fasten it snugly with fabric strips or tape. If the animal shows signs of shock—cold paws and ears, pale gums, and rapid, shallow breathing—keep it warm while transporting it to the veterinarian. A temporary stretcher made with a blanket, a jacket, or a board will suffice to move an animal from an accident site.

Unconsciousness

Should you find an animal unconscious, determine first whether it is breathing and has a heartbeat. Look, listen, and feel for its breath. If there is no sign of life, form a channel to blow air through its nostrils by turning the animal on its right side, extending its head, and using your hands to seal its jaws. After four breaths, feel for a pulse by pressing the inside of the pet's upper hind leg at about mid-leg. If the animal's heart is not beating, start CPR immediately. Initiate heart compressions by placing the heel of your hand over the lower left chest at the sixth rib. Make the compressions firmly at a rate of 80 per minute, and breathe into the dog's nostrils every five seconds. When the heart begins beating, stop the chest compressions and continue artificial breathing at 20 to 40 breaths per minute until the animal is breathing on its own.

Burns

For burns, apply cold water or ice compresses to the wound for 20 minutes. Cover the burned area with a damp cloth or a bandage while transporting the animal to the vet. For chemical burns to the eyes that cause severe pain, blinking, and avoidance of light, try to determine the offending chemical. Wash the animal's eyes thoroughly with clean water, and remove any sticky paste or powder from its inner lids with a cotton-tipped applicator.

Shock

When animals chew on electrical cords, the result can be a shocking experience. Labored breathing, localized burns, (especially of the lips and tongue), muscular contractions, and loss of consciousness are all signs of electric shock. Keep the animal quiet, and provide ventilation while transporting it to a hospital.

Seizures

Dogs and cats may occasionally suffer seizures that result from a variety of conditions, including epilepsy, poisoning, and hypoglycemia. Most seizures are short-lived, and the animal recovers quickly. A seizure victim will usually lose consciousness and will have one or more of the following reactions: involuntary muscle contractions, twisting of the neck, stiffening and relaxation of the legs, salivation, dilated pupils, and excretion of urine or feces. Remove hazardous objects from the area, and do your best to keep the animal quiet. Consecutive seizures constitute an emergency, and the animal should be taken to a hospital as soon as possible. If, however, the pet appears to recover from its attack, you may safely wait until regular office hours before seeing the vet. Seizures may not recur for months or years. Record the date, the time, and the circumstances that brought on a seizure; note its duration and the animal's behavior. A good history is essential for diagnosis.

Snakebites

Unless your pet happens to be a python, be prepared for the possibility of snakebites. The most common poisonous snakes in the United States are cottonmouths or water moccasins, copperheads, rattlesnakes, and coral snakes. If your pet is bitten by

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one of these, keep the animal quiet and seek treatment as soon as possible. For nonpoisonous snakebites, clip the hair surrounding the bite, clean the area with soap and water, and apply a sterile, dry dressing. Because the mouths of snakes contain bacteria, your veterinarian will probably administer antibiotics and tetanus antitoxin.

Heatstroke

On a hot, humid day, animals can suffer heatstroke from confinement in a car or some other small space. Old or obese dogs and such brachycephalic breeds as the pug are especially susceptible. An animal suffering heatstroke may evidence reddened mucous membranes, rapid heartbeat, and excessive panting. Taken by rectal thermometer, the normal temperature of a dog or a cat is 101° to 102° F. If an animal's temperature reads 105° to 110°, you should immediately begin to lower the body temperature. Immerse the pet in cold water. Provide ventilation and prevent physical activity. Closely monitor the animal's temperature. Overzealous treatment could cause hypothermia.

If you are unable to contact your regular veterinarian during an emergency, look in your phone book for the nearest emergency veterinary hospital. Many cities now have them. Staffs at these hospitals are prepared to take cases nights, weekends, and holidays.

Questions for the Vet

Dear Readers:

I have had many letters concerning dogs that chase cars. Dogs have a natural instinct to chase prey or other moving objects. The excitement and noise of the chase become a "reward" for the dog, and elimination of this behavior is difficult. Most dogs continue to chase cars even after being hit or injured by them.

Negative reinforcements, such as dousing a chasing dog with cold water or jerking back on a long leash and yelling "No," work in about 40 percent of chasing cases.

H.E.W.

Dear Dr. White:

I'm responding to the letter about Duke, who hates Volkswagens (May/June '86). I have a ten-year-old cocker-collie female who responds identically to UPS trucks and nothing else—not garbage trucks, school buses, U.S. postal trucks, or moving trucks. She, too, was hit by a UPS truck as a puppy and, though unhurt, cannot forget it.

We have moved across the country, and she is now slow moving with some arthritis, cataracts, and some hearing loss—but a UPS truck two blocks away has her chasing to the edge of the yard and barking for all she is worth.

Anna Sime
Libertyville, Illinois

Dear Anna:

I am learning that dogs have long memories in terms of "getting even."

H.E.W.

Dear Dr. White:

In response to "Duke hates Volkswagens" (May/June '86), I also have a male, a beagle-Lab mix, who hates VWs. Ever since he was six months old he has chased them, but he won't chase other makes of cars. VWs do seem to have a distinctive "ring" to them, if you listen closely. When he recognizes the sound, there's no holding him back. The one saving grace seems to be that there are fewer and fewer Beetles around each year!

Hilary Cherry
Wayne, Pennsylvania

Dear Dr. White:

I know how Mrs. Steward must feel about her boxer chasing Volkswagens. We have an almost perfectly marked black-and-white (border) collie that is smart about most things until it comes to VWs.

Eight years ago, when she was a puppy, we had a paper-delivery man who had a VW with a worn-out muffler. I don't know if it hurt her ears, but to this day she chases them.

I thought we were the only ones who have a dog that hates VWs. We sure hope she doesn't get hit by one.

Rollin and Thelma Voss
Beaver Dam, Wisconsin

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

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LOOK, MOM! NOW THEY CAN PAINT AWAY TOOTH DECAY

Applied at an early age, pit and fissure sealants can reduce cavities on molar surfaces by 95 percent.

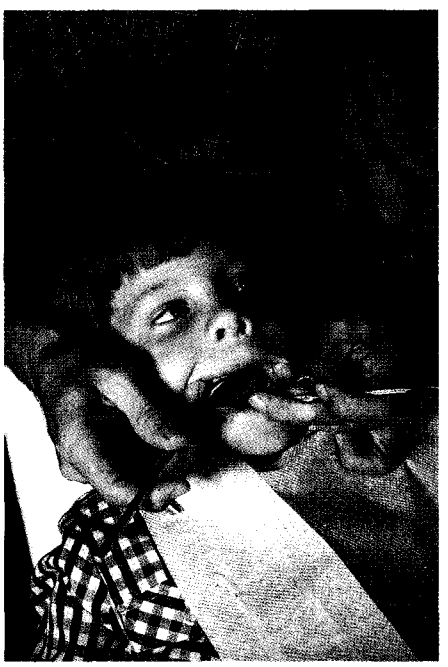
by Laurie S. Senz

It was six-year-old Jane's first visit to the dentist. Her face was grave as she fought back tears. "Is it gonna hurt?" she asked. A half-hour later Jane left the dentist's office with a broad smile on her face. "It really didn't hurt," she told her mother, "but it tasted awful."

Jane had been treated with a pit and fissure sealant, a recent innovation in cavity prevention. The treatment leaves a temporary "yucky" taste in a child's mouth, but it also keeps tooth decay away. The sealants have been so successful in preventing dental decay that the American Dental Association now recommends the simple procedure for all children, even those who receive topical applications of fluoride or those who live in communities with fluoridated water.

Fluoride is not nearly as effective in fighting decay on the pitted chewing surfaces of the back molars as it is on the smooth surfaces of teeth, because the molars have microscopic grooves and depressions where food and bacteria can be trapped. A National Dental Caries (cavities) Prevalence Survey revealed that 84 percent of the cavities found in 5- to 17-year-old children occurred in these pit and fissure surfaces of the teeth.

Pit and fissure sealants are thin layers of clear or tooth-colored plastic film painted on children's back teeth. They are applied only to the top, grooved surfaces because they will not adhere to the smooth sides of the tooth. The layers fill in the microscopic grooves and form a smooth, impenetrable barrier that keeps food debris, plaque, and acid from touching the tooth's surface.



In about 30 minutes a dentist can prime and coat a child's molars with a sealant that will last up to five years.

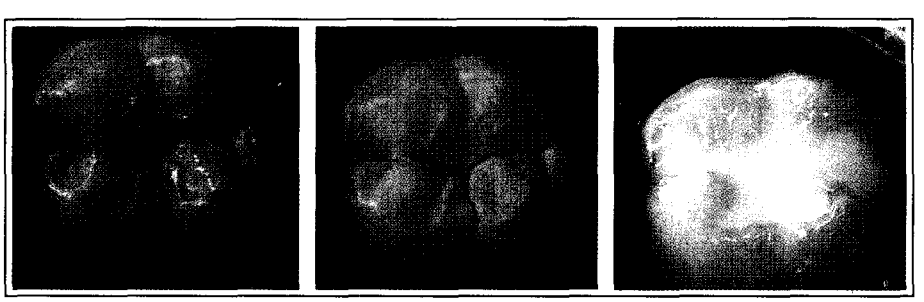
"Pit and fissure sealants are the most dramatic advance in dental decay prevention to come along since the advent of fluorides," says Dr. Hazel Harper, a Washington, D.C., dentist and a consumer adviser for the American Dental Association.

Dr. Dan Arnold, a pediatric dentist from Fort Lauderdale, Florida, who has been using sealants for eight years, agrees. "Sealants have had a dramatic impact on the amount of filling work that I have to do on permanent molars. I've sealed thousands of children's teeth, and the longer I use this material, the more I use it to prevent cavities. I find it extremely effective. In fact," he says, "I've had a greater than 95 percent reduction in the number of cavities on the surfaces of the sealed teeth of my patients."

For most children, the sealants are long lasting and wear resistant, but they should be checked every six months for cracks and for spots that have worn thin. Reapplication is recommended when the pressures of chewing wear away the sealed surfaces.

The sealants are applied in a simple procedure. First, the tooth is isolated with cotton rolls, cleaned, and carefully dried. Then a diluted solution of phosphoric acid is applied to help the sealant bond to the chewing surface. The solution, after remaining on the tooth for one minute, is washed away. The tooth is dried again before the sealant is painted on with a small brush. Each tooth takes only a few minutes to complete. On the average, it takes half an hour to do all four molars.

Sealants are especially effective on the four 6-year molars and the four 12-year molars. In children susceptible to cavities, a dentist will also apply the sealant to the premolars, called bicuspids, or to a baby's primary teeth.



Pits and fissures in teeth are an open invitation to tooth decay (left). After etching with a mild acid (center), the color-matched plastic coating is painted on the tooth (right).

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The ideal time to seal a tooth, says Dr. Arnold, is when the chewing surface first erupts from the gums—before decay has time to start in the pits and fissures. "I like to get the molars coated as quickly as I can," he says. "Waiting longer can mean the child might get cavities before he comes back for his next six-month checkup."

By preventing decay in the molars, the sealant preserves intact the clean, healthy tooth structure and prevents painful drilling, the trauma of Novacaine injections, and possibly, future root-canal work, all caused by cavities. The sealant also provides an aesthetically pleasing smile, unmarred by silver-coated amalgam fillings.

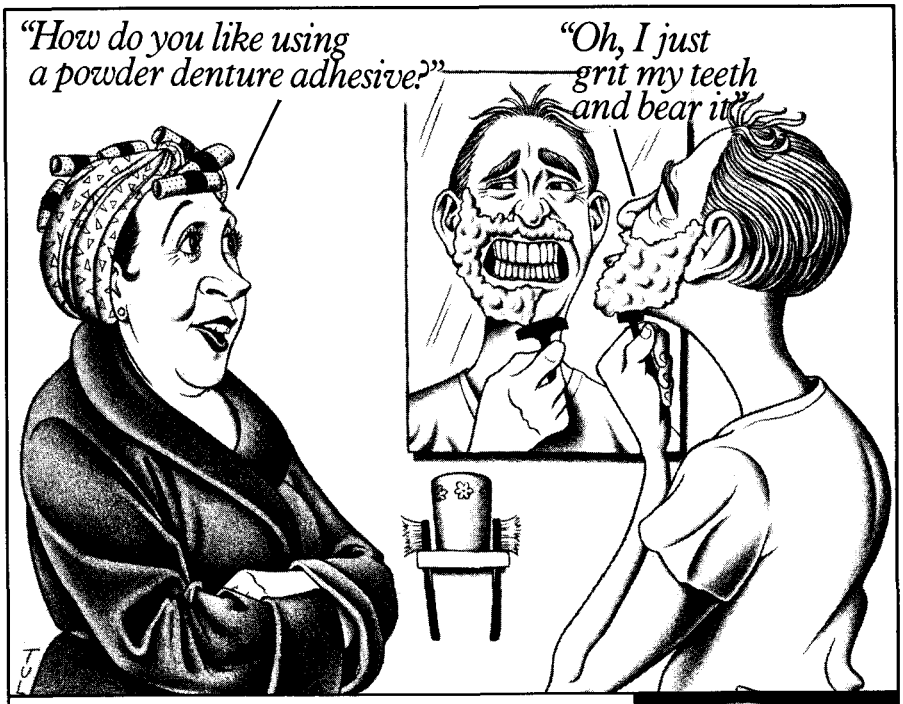
Dr. Lee Baigelman, a Florida pediatric dentist and a former assistant professor at the New York University College of Dentistry, says there is only one problem dentists and parents should watch for. "If the layers of coating are too thick, they can affect the child's bite. But," he adds, "you will never have this problem as long as the bite is checked with articulating paper [which shows where the teeth touch during biting] before the patient leaves the office."

Baigelman has used sealants for ten years; he highly recommends them to his patients. He says the worst thing that can happen if sealants are not used is that the patient can get a cavity that will have to be filled. "But people are not sharks," he says. "They only get two sets of teeth, and if they get filled, they are filled for life."

Sealants are also less expensive than fillings, and if properly applied, they last up to five years. According to the ADA, the average price for sealing one tooth is $11—at least half the price of an average amalgam filling.

"The time has come that, with proper preventive care, you can almost count on children graduating from high school with no dental decay," says Dr. Jerry Klein, a pediatric dentist and a past president of the Florida Society of Dentistry for Children. "In the long run," he adds, "preventive care is also less expensive."

Preventive care includes two visits a year to a dentist, the regular use of fluorides, brushing and flossing the teeth daily, and limiting the consumption of foods rich in sugar. These measures, used in conjunction with sealants, will put a smile, instead of tears, on your child's face.



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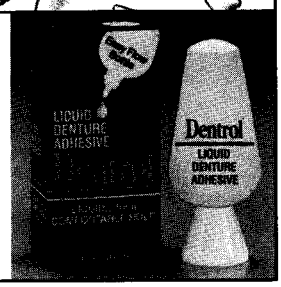

"Weighty Matters"
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Today's high grocery prices weighing heavily on your mind? Give your favorite homemaker (or yourself, if that's the case) this reminder that the good old days had their problems, too. This reproduction of the popular Leslie Thrasher illustration is available only while quantities last. Adds to any kitchen's decor and to your peace of mind!

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If you like to read in good health, have we got a combination for you!

You won't be surprised to learn that half the combination is *The Saturday Evening Post.* The other half *will* surprise you, once you have given it a try. It goes by the name of Slow-Mag. No, the Mag doesn't stand for magazine; it is short for magnesium.

The *Post* is anything but a slow magazine. And Slow-Mag is so named only because of its time-release properties. Subscribe to the *Post*, and we won't be slow in sending you a bottle of Slow-Mag FREE, on these terms: A one-year trial subscription will bring you a bottle of 24 tablets; but the best way to go is a two- or three-year subscription for the giant-size FREE bottle of 100.

Why subscribe to the *Post*? Well, our readers like the fact that it doesn't have to be mailed in a plain brown wrapper. They like the reading matter for all the family, reading matter they don't have to search out among the ads for tobacco or booze. They like to laugh at the cartoons and humor, try the recipes, dream along with the travel writers, become absorbed in the fiction, learn what makes their heroes tick, play the games, enter the contests, as well as shape up and stay healthy with advice from top medical authorities.

Speaking of which, why should you take Slow-Mag?

This slow-release magnesium chloride supplement was developed in Africa by Dr. Will Davis and pharmacist Alister Warren. Interviews with physicians there revealed they had been using Slow-Mag for insomniacs, mild hypertensives, pregnant women (to prevent eclampsia), migraine sufferers, and victims of numerous other afflictions caused by magnesium deficiencies.

Since reporting these findings, readers by the hundreds who had trouble getting to sleep have turned from their risky remedies of tranquilizers and alcohol to the natural substance Slow-Mag.

After the Society supplied gift samples of Slow-Mag to our contributors, we became inundated with requests from people who can't find it in their stores. We want everyone who feels he can sleep better or do better on Slow-Mag to have it. Until it becomes available in your drugstore, we're offering it with your *Post* subscription—FREE.

French researchers have found that low levels of magnesium may aggravate emotional stress, which tends to further lower magnesium levels. The study revealed that the most "stressed-out" people—the ones who needed magnesium the most to help keep them calm—were losing it fastest. The loss resulted in vicious magnesium-stress cycles. The more stress there is, the more magnesium is excreted by the body; the less magnesium in the body, the more the body reacts to stress.

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PASTA: THE LONG AND THE SHORT OF IT

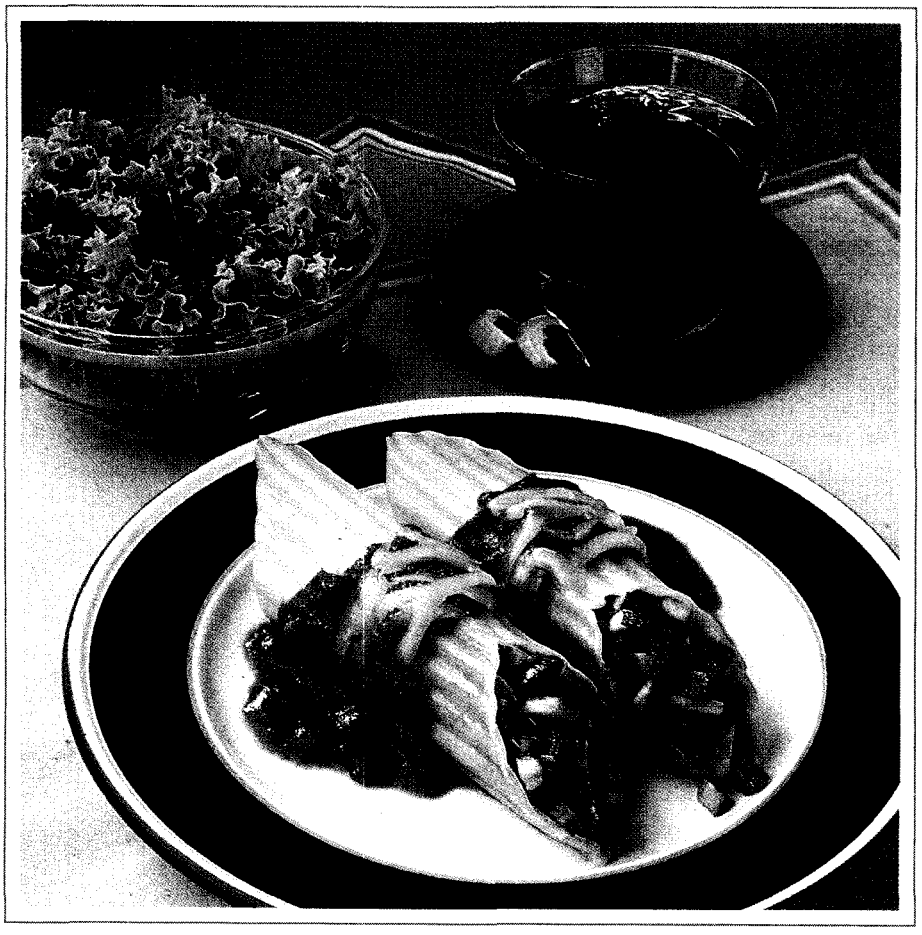
Ever since Marco Polo unveiled pasta in China, curious cooks have been exploring pasta's possibilities.

by Patrick Perry

If Americans share one "consuming" passion, it's pasta! We savor our spaghetti, we long for linguini, and we moon over manicotti. Even finicky Garfield does a quick tailspin for his *pièce de résistance,* lasagne. Our appreciation of pasta extends well beyond main dishes into salads, soups, and even desserts.

Not too long ago, however, the diet-conscious shied away from this Italian import. Initially, nutritionists balked at pasta's redeeming nutritional qualities: They pointed instead to scales that kept a close tab on consumers' colossal caloric intake. Italians, taken aback by the accusations, requested a closer inspection, *per favore,* of the heavy meat sauces Americans were using.

Gradually, Italo-American recipes began to lighten up, and nutritionists wised up. Americans discovered that pasta is a valuable source of protein, thiamine, riboflavin, and niacin, as well as of appreciable amounts of calcium, phosphorus, and potassium. A low-fat, low-cholesterol food, it helps us maintain healthier hearts. To complement the healthful aspects of pasta, American cooks are shifting away from heavy meat sauces, high in both fat content and calories, to experiment with fish and vegetable ingredients in their toppings.



Who says low-salt dishes can't be delicious? This contemporary approach to manicotti is a flavorful combination of fresh vegetables, low-sodium salt, and Swiss cheese.

Whether stuffed, topped, or appreciated all by itself, pasta should never be overcooked. Overcooked pasta is soft and pasty. Properly cooked pasta should be what the Italians call *al dente,* "to the tooth" —firm but still tender. Unfortunately, many American cooks pass the *al dente* stage and miss the true flavor and texture of good pasta. To achieve the *al dente* texture, follow a few simple guidelines:

- Vary the cooking time for pasta according to the various shapes and sizes used. Thin spaghettini, for example, cooks faster than large macaroni.
- As a general rule, use four quarts of water for every pound of pasta. Bring the water to a violent boil; add salt and a little olive oil if desired to keep the pasta from sticking together. Only at the boiling stage do you begin to gently stir in the pasta. Depending on its size, packaged pasta is usually ready in 6 to 15 minutes. (Initially, to achieve the *al dente* texture you wish, a simple taste test while the pasta is cooking will enable you to arrive at the proper texture.)
- If preparing a pasta casserole, cook the pasta only three-quarters done before adding it to the dish; otherwise the result will be mushy.
- Never rinse the finished pasta; rinsing washes away nutritive values.
- As in Italy, serve the pasta immediately on warmed plates after removing it from the pot and straining it.

Try different brands of pasta until you find a particular favorite. Excellent domestic pastas are Ronzoni and Prince. Mail-order catalogues and specialty shops also allow experimentation with such unusual Italian pastas as DeCecco and Gerrado de Nola.

The adventurous pasta lover can try homemade pasta: Home food processors have eased the burden of kneading the dough. The very simple recipe for pasta is available in most

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good cookbooks. For variation, add fresh spinach leaves or beets to enhance the pasta dough. Note: There is a difference in the time it takes to cook homemade pasta. Smaller pasta cooks in much less time than a prepackaged variety. Smaller shapes can cook in two to five minutes; the larger shapes may be done in five to seven minutes. Again, apply the taste test. Isolate small bits of the pasta and sample them. Always attempt to arrive at the *al dente* texture—the ideal condition.

Explore the pasta-bilities, and enjoy *la dolce vita*—the good life.

Salt-Watcher's Manicotti
(Makes 3 servings)

1 tablespoon olive or salad oil
¼ cup chopped onion
1 small clove garlic, minced
1½ cups chopped fresh mushrooms
1½ cups chopped zucchini
1 jar (15¼ oz.) Prego® no-salt-added spaghetti sauce (1¾ cups)
6 manicotti shells, cooked and drained
1 cup (4 oz.) low-sodium shredded Swiss cheese

In 10" skillet over medium heat, in hot oil, cook onion with garlic until onion is tender. Add mushrooms and zucchini. Cook until vegetables are tender, about 5 minutes; stir occasionally. In 10"x6" baking dish spread 1 cup sauce. Set aside. Spoon vegetable mixture into prepared manicotti shells. Arrange shells in baking dish. Spoon remaining sauce over shells; sprinkle with cheese. Bake at 350° F. for 30 minutes or until hot and bubbly.

Spaghetti Primavera
(Makes 6 servings)

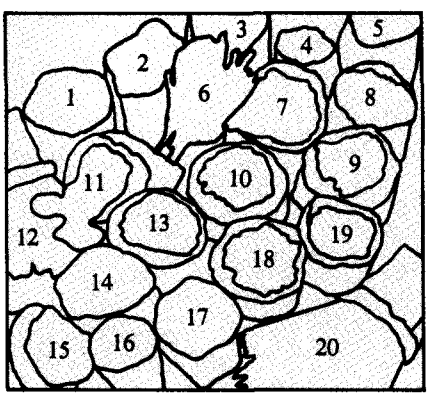
8 ounces thin spaghetti
1 tablespoon margarine
1 tablespoon olive oil
4 green onions, diagonally sliced
1 clove garlic, minced
2 cups broccoli florets
1 small zucchini, thinly sliced
1 cup sliced mushrooms
3 tomatoes, diced
1 cup fresh or frozen peas, thawed
2 tablespoons chopped parsley
1 teaspoon salt
1 teaspoon Italian seasoning
⅛ teaspoon pepper
½ cup chicken broth
½ cup grated Parmesan

Cook spaghetti as label directs; drain in colander and keep hot. In 10" skillet over medium-high heat, heat margarine and oil. Add remaining ingredients except broth and Parmesan. Cover and cook 5 minutes or until vegetables are tender-crisp; stir occasionally. Stir in chicken broth; heat through. Toss vegetables with spaghetti; sprinkle with Parmesan.
Tip: If you do not have Italian seasoning, use a mixture of thyme, basil, and oregano leaves.

Linguini with Pesto Sauce
(Makes 1½ cups)

3 cups fresh basil leaves with stems removed
½ cup pine nuts
½ cup grated fresh Parmesan
½ cup grated fresh Romano
¾ cup olive oil
¼ cup hot water
¼ teaspoon salt
3 large cloves garlic
Dash pepper
12 ounces linguini, cooked and drained

Name That Pasta?



1. Bow-Shaped Noodles
2. Coiled Fettucini Noodles
3. Jumbo Shell Macaroni
4. Wheel-Shaped Macaroni
5. Ziti Macaroni
6. Fusilli Spaghetti
7. Spinach Noodles
8. Small Corkscrew Macaroni
9. Small Rigatoni Macaroni
10. Multi-Colored Spiral Twist Macaroni
11. Spinach Jumbo Shell Macaroni
12. Mafalde or Mini-Lasagna
13. Small Spiral Twist Macaroni
14. Large Shell Macaroni
15. Corkscrew Macaroni
16. Ditalini Macaroni
17. Spinach Small Shell Macaroni
18. Cavatelli Macaroni
19. Spinach Small Spiral Twist Macaroni
20. Multi-Colored Spaghetti

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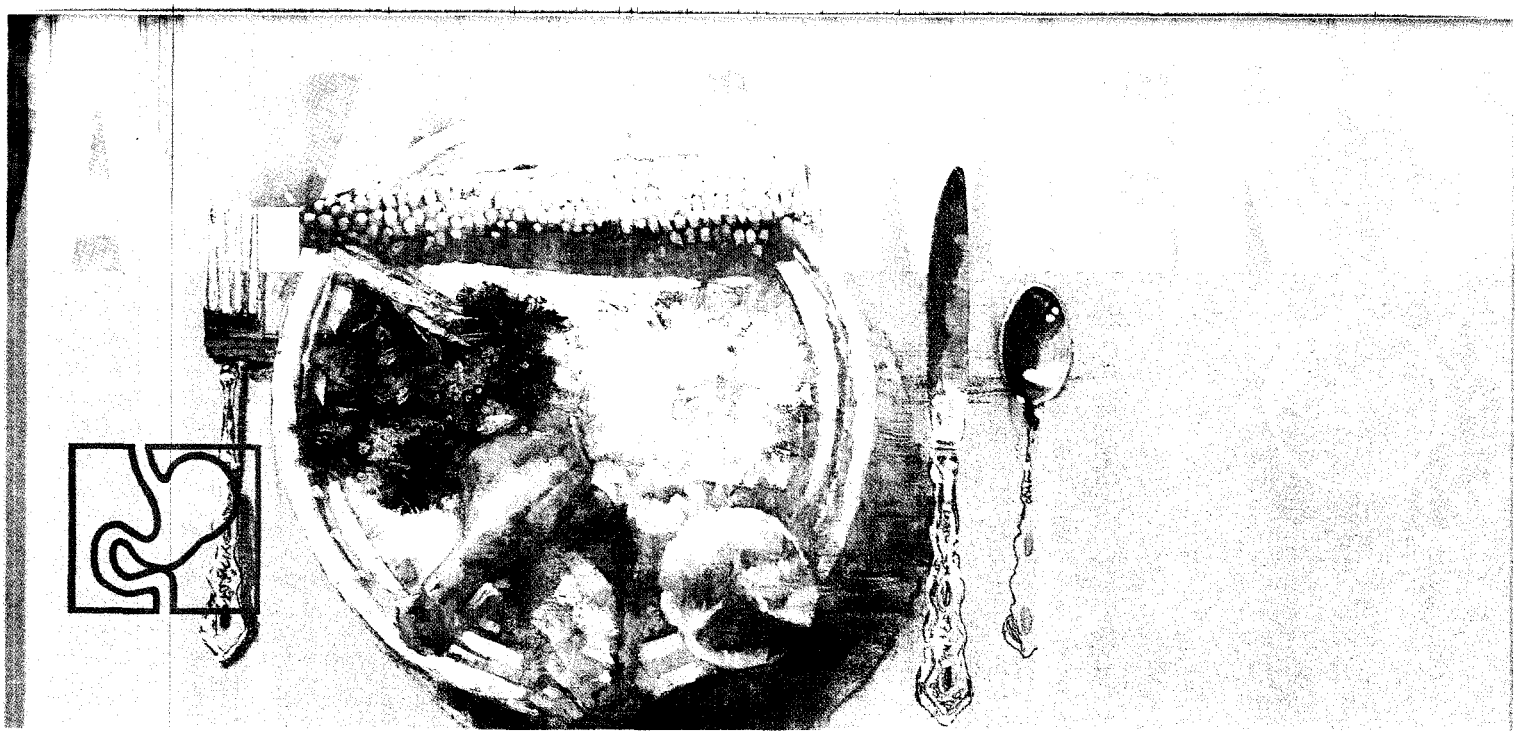

SEPTEMBER ON THE 700 CLUB'S LIFECARE DIGEST

Middle Age Senility

Alzheimer's Disease is not just for the elderly. You may be shocked to discover that middle-agers can be affected as well. Up-to-date research information may help you recognize the early warning signs of this memory-affecting disease.

An Apple A Day

Nutritionists are now a vital part of the medical team as they instruct nursing home and hospital patients on the importance of a proper diet. Homebound patients can also learn how to "keep the doctor away" with counseling from these professionals.

Up, Up, & Away With Weight

Balloons can actually help you lose weight. Find out more about this new device that is inserted into the stomach and creates a full feeling. You may never overeat again.

Life Saving Light

Recent experiments may shed a new light on the detection of breast cancer. Learn about a new computer-aided device that directs a strong beam of light through the breast tissue. Researchers hope that this low-cost method of pre-screening may help the 85% of women in the U.S. who don't have regular mammograms.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

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In covered blender container, combine all ingredients except linguini. Blend at high speed until smooth. Refrigerate until serving time. To serve, toss pesto with linguini.

Parsley Pesto: Prepare as above but substitute 3 cups fresh parsley with stems removed for basil.

Tip: Substitute ½ cup slivered almonds or shelled sunflower seeds for pine nuts.

Salmon Pasta Salad
(Makes 6 main-dish servings)

1 can (15½ oz.) salmon
8 ounces spiral macaroni, cooked, drained, and cooled
3 to 4 cups torn spinach leaves
Herb Dressing (recipe below)
Salt and pepper
2 medium tomatoes, cut in wedges
¼ cup grated Parmesan (optional)
½ cup croutons (optional)

Drain and chunk salmon. Toss salmon, macaroni, spinach, and Herb Dressing together. Season to taste with salt and pepper; garnish with tomato wedges. Serve with Parmesan and croutons.

Herb Dressing
(Makes about ½ cup)

Combine ¼ cup *each* oil and wine vinegar, 2 tablespoons chopped green onion, ½ teaspoon *each* minced thyme and oregano, and generous dash bottled hot-pepper sauce; mix well.

Shrimp-sauced Fettucini
(Makes 6 servings)

1½ pounds fresh or frozen shelled shrimp
1 medium sweet red pepper, cut into ½" pieces
½ cup chopped onion
2 cloves garlic, minced
2 tablespoons margarine
1 cup dry white wine
1 teaspoon crushed dried basil
1 teaspoon instant chicken-bouillon granules
½ teaspoon crushed dried tarragon
½ cup cold water
2 tablespoons cornstarch
1½ cups broccoli florets, cooked just till crisp-tender and drained
⅔ cup Lindsay® large pitted ripe olives, drained and sliced
12 ounces hot cooked fettucini or linguini
¼ cup snipped parsley

Thaw shrimp, if frozen. In saucepan cook pepper, onion, and garlic in margarine till tender but not brown. Stir in wine, basil, bouillon granules, and tarragon. Bring to boil; add shrimp. Return to boil. Stir water and cornstarch together; stir into shrimp mixture. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Stir in broccoli and olives; heat through. Toss hot pasta with parsley. Top with shrimp mixture.

Linguini with White Clam Sauce
(Makes 4 servings)

8 ounces linguini
2 cans (6½ oz. each) minced clams
2 tablespoons olive or salad oil
4 cloves garlic, minced
3 tablespoons chopped parsley

Cook linguini as label directs; drain in colander and keep hot. Meanwhile, drain clams; reserve liquid. In 1-quart saucepan over medium-high heat, in hot margarine and oil, cook garlic

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and parsley until garlic is lightly browned. Add clam liquid to margarine mixture. Heat to boil. Reduce heat to low; simmer 5 minutes. Stir in clams. Heat to boil. Toss sauce with pasta until well coated.

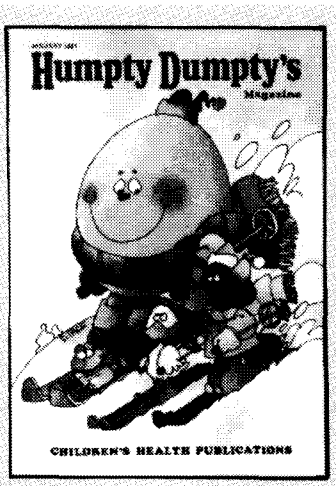
Linguini with Red Clam Sauce

Prepare clam sauce as above, but set aside clams; use 2-quart saucepan. Stir in 1 can (16 oz.) coarsely chopped tomatoes, ¼ cup dry red wine, 3 tablespoons tomato paste, 1½ teaspoons crushed basil leaves, and ½ teaspoon sugar. Heat to boil. Reduce heat to low. Simmer, uncovered, 30 minutes; stir occasionally. Stir in clams. Heat through. Meanwhile, cook linguini as label directs; drain. Serve sauce over linguini.

Vegetable Lasagne
(Makes 6 servings)

1 package (10 oz.) frozen chopped spinach, thawed and well drained
1 cup shredded carrots
½ cup chopped onion
1 teaspoon crushed dried basil
¼ teaspoon pepper
1 clove garlic, minced
2 tablespoons margarine
2 cups water
1 pouch Campbell's Cheddar Cheese Soup Mix
1 container (15 oz.) ricotta
1 egg, beaten
⅓ cup grated Parmesan
6 lasagne noodles, cooked and drained
2 cups (8 oz.) shredded mozzarella cheese

Preheat oven to 375° F. In 10″ skillet over medium-high heat, cook spinach, carrots, onion, basil, pepper, and garlic in margarine until onion is tender; stir often. In medium bowl, whisk ½ cup water into soup mix until smooth. Gradually add remaining water; mix well and add to skillet. Over medium-high heat, heat to boiling; stir constantly. Remove from heat. In small bowl, stir ricotta, egg, and Parmesan together until well mixed. In 9″x 9″ baking pan, spread about ½ cup of vegetable mixture. Arrange 3 noodles over vegetable mixture; trim to fit pan. Spread with ½ of ricotta mixture, then ½ of remaining vegetable mixture. Sprinkle with ½ of mozzarella. Repeat layers. Cover with foil; bake 30 minutes. Uncover; bake 15 minutes more. Let stand 10 minutes before serving.



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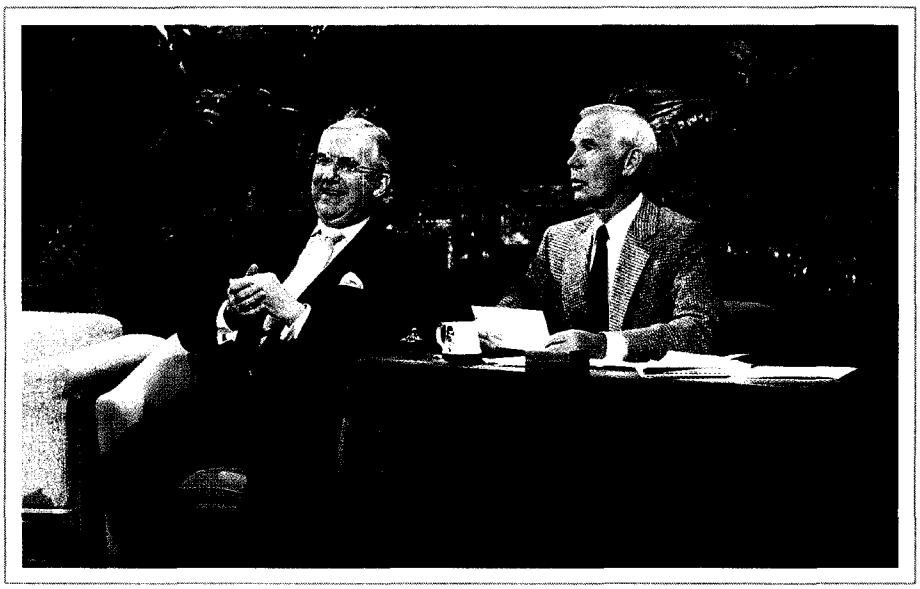
ED McMAHON: AMERICA'S FAVORITE SECOND BANANA

What can you say about a guy who once interviewed the hand of Ginger Rogers? Whatever it is he does—he's good at it.

by John McCollister



After more than a quarter-century together on the "Tonight Show," Ed still gets a kick out of Carson's humor. "I never see the material beforehand," Ed says. "I simply can't fake amusement."

He looks and acts like someone you've known all your life. Perhaps that trait has been the real key to success for Edward Leo McMahon.

Rare is the day you can turn on your television set without seeing him in one of his familiar roles: the host of "Star Search"; a pitchman for a legion of products ranging from dog food to a once-in-a-lifetime chance to win a million dollars; or the "second banana" to Johnny Carson on the "Tonight Show." On Monday nights, you can watch him cohost "TV's Bloopers and Practical Jokes" with his longtime chum Dick Clark.

McMahon possesses all the credentials of a "star," yet he doesn't behave like one. He's no Hollywood glamour boy. His picture is conspicuously absent from the scandal tabloids; instead, he seems more like a next-door neighbor. As he walks through the halls of the NBC studios in Burbank, he frequently stops to share idle conversation with tour groups and to respond freely to people's questions. Or he'll pause to ask Floyd, the shoeshine man, about his family. Those who know him testify that this is no act of false humility; he is just a down-to-earth guy.

McMahon does enjoy one luxury, however—a chauffeur-driven limousine. "I have never enjoyed driving a car," he confesses. "Besides, while riding in the limo, I have my only opportunity to relax, gather my thoughts, and put my life into proper perspective."

• • •

McMahon's infatuation with broadcasting started early, when his grandfather wrapped a radio aerial around their house in Lowell, Massachusetts. In the evenings, everyone took turns listening through the headphones of a crystal set to the distant sounds of KDKA in Pittsburgh. Six-year-old Edward was hooked. By age 11, he was practicing announcing in his living room and reading magazine articles into a hand-held flashlight that became a fake microphone. Later, he experimented with disk-jockey patter and cued up records on his grandmother's Victrola.

As a youth, McMahon also displayed a natural talent for salesmanship. When he learned he could earn a bicycle by selling subscriptions to *The Saturday Evening Post*, he combed the neighborhood and sold three the first afternoon. Soon he had not only the bicycle, but also something far more important—a talent that could open doors.

From his father, a professional fund raiser for charities, Ed learned the importance of setting high goals and having faith in his own work. "My father was a man who could look at a brick and see a house," he says.

At 15, McMahon took his first announcing job, ballyhooing the midway attractions from atop a sound truck at a carnival. By 18, he had "graduated" to announcing for a traveling bingo parlor and had earned enough money to enroll at Boston College.

World War II interrupted both college and career. McMahon joined the Marine Corps, earned his wings at Pensacola Naval Base, and became a fighter-pilot instructor. He was also a test pilot for a variety of fighter aircraft, including the sophisticated Corsair.

After the war he returned to school as a speech and drama major at the Catholic University of America, Washington, D.C. To support his wife and child, he worked part-time selling stainless-steel cookware door-to-door. In the summers, he pitched products on the boardwalk in Atlantic City. So polished was his technique for selling the Morris Metric Vegetable Slicer that other salespeople stood by just to study his lines and his style of delivery. Among those "students" were the stars-to-be Jack Klugman and Charles Bronson.

In 1949, McMahon moved to Philadelphia and entered the new medium of television. He soon be-

continued on following page

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How a Stop in a German Shoe Store Ended a Lifetime of Foot Pain...

"We were in Germany on the very first day of our vacation but my feet were killing me already. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

But when I tried them on, they hurt too. I explained my problem of sore aching feet to a friendly clerk and she pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

I took her advice and was I glad I did . . . the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past."

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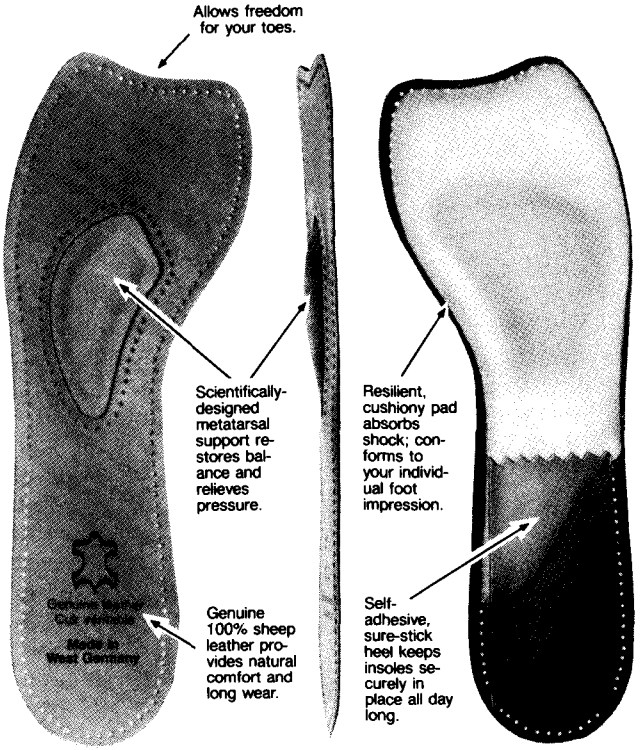
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came host, writer, and producer of no fewer than 13 TV shows simultaneously, including a breakfast show, a cooking segment at noon, and a pop-music record program. And he also made movies.

War again intervened during the early '50s. McMahon traded his microphone for the control stick of a fighter jet. He flew 85 combat missions in Korea, earned six air medals, and rose to the rank of full colonel.

When McMahon returned to Philadelphia following the war, he discovered to his dismay that television jobs were scarce. The only slot open was a five-minute potpourri segment at the end of the 11 p.m. news. He auditioned and got the job. It was only a tiny slice of time, but it allowed him the latitude to demonstrate his creativity. When Ginger Rogers was forbidden to appear on TV by a clause in her studio contract, McMahon interviewed her, showing only her hand on camera. "This is the elegant hand of Ginger Rogers. . . ," he said. And the audience loved every minute of it. Similar flashes of his showmanship pushed that half-hour news show to the top of the ratings.

McMahon landed other television jobs in Philadelphia and used each as a chance to hone different skills. He donned a clown's costume to introduce the weekly Saturday children's show "Big Top" and gained his first national exposure.

While preparing for a show in 1956, McMahon was distracted by a figure on the station's ABC monitor, a wiry young man giving off hilarious body language. He turned up the volume in time to hear the man say: "Hi, my name is Johnny Carson."

Before long, McMahon met Carson, then the host of the popular daytime quiz show "Who Do You Trust?" Carson was searching for a new announcer, so McMahon went to New York and had the briefest of interviews—about five minutes of Carson looking out the window and commenting on the new Shubert Theater sign across the street.

McMahon went home and wondered what had gone wrong. Three weeks later he received a call from Carson's office that began: "When you report on Monday. . . ." Nobody had bothered to inform him that he and Carson had clicked immediately. Their interactive chemistry was perfect in style, in sense of humor, in appearance, and in their mutual enjoyment of each other.

McMahon's first duty on the program was to rattle off a list of sponsors, a task he suddenly had to speed up when Carson lit a match to the bottom of the list. Then, when the 6'4" McMahon lumbered onto the stage, Carson did one of his patented double takes and, in his best mad-scientist voice, exclaimed: "Lothar— you startled me!"

After four years of polishing their interplay, the team of Carson and McMahon took over the "Tonight Show." Before their first broadcast, McMahon mulled over the problem of a suitably dramatic introduction for Carson. Minutes before air time, he recalled the success he'd had in radio with rolling his "r's." A few moments later, the trademark "Heeeerrrre's Johnny!" was born, and the rest, as they say, is history.

• • •

McMahon insists on spontaneity in his work with Carson. Unless he's a participant in a scripted sketch, he never sees the material beforehand. "I simply can't fake amusement," he says. After more than a quarter-century of close association, McMahon has refined his instinctive sense of Carson's humor to lend full support to any routine, whatever its direction.

Madeline Kelly, McMahon's personal assistant for more than six years, says her boss' knack for intelligent conversation comes from his avid reading and retentive memory. "Last week, while in the make-up room, he began to recite Rudyard Kipling's *Gunga Din*," she says. "He learned it back in college but remembers it even to this day."

Despite a busy schedule, McMahon finds time to volunteer hundreds of hours a year for causes dear to his heart. For 15 years the cohost of the Jerry Lewis Muscular Dystrophy Telethon, he also serves as a vice president of the Muscular Dystrophy Association. He is on the boards of the Veterans Bedside Network, the Marine Corps Scholarship Fund, and Saint Jude's Ranch for Children, Boulder City, Nevada. He was president of the Catholic University Alumni Association for four years. Recently, he was named "Humanitarian Man of the Year" by the Myasthenia Gravis Foundation. In December, he will be honored by the Boy Scouts of America as their "Man of the Year."

The church, too, is an important dimension in his life. McMahon acknowledges that his Christian training by the Jesuits helped cement his solid sense of values and his love for his fellow man.

McMahon, who has four adult children from a previous marriage, lives in Beverly Hills with Victoria, his wife of ten years. Last year, the McMahons added to the family by adopting a five-day-old infant, Katherine Mary. "It was not easy for this 62-year-old to adopt her," McMahon confesses. "But one of the reasons why the adoption agency and the courts granted permission is because of my long-term association with children in special projects such as the Muscular Dystrophy Association."

Those close to McMahon remark that Katherine has given him another purpose in life. "He's an A-1 pop," says Patrick Marwick, McMahon's chauffeur for more than 11 years. "Just the other day, in fact, while we

McMahon and his wife, Victoria, unveil his star on Hollywood Boulevard's famous "Walk of Fame."

continued on page 98

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If you want to quit smoking for good, see your doctor

New knowledge about the smoking habit

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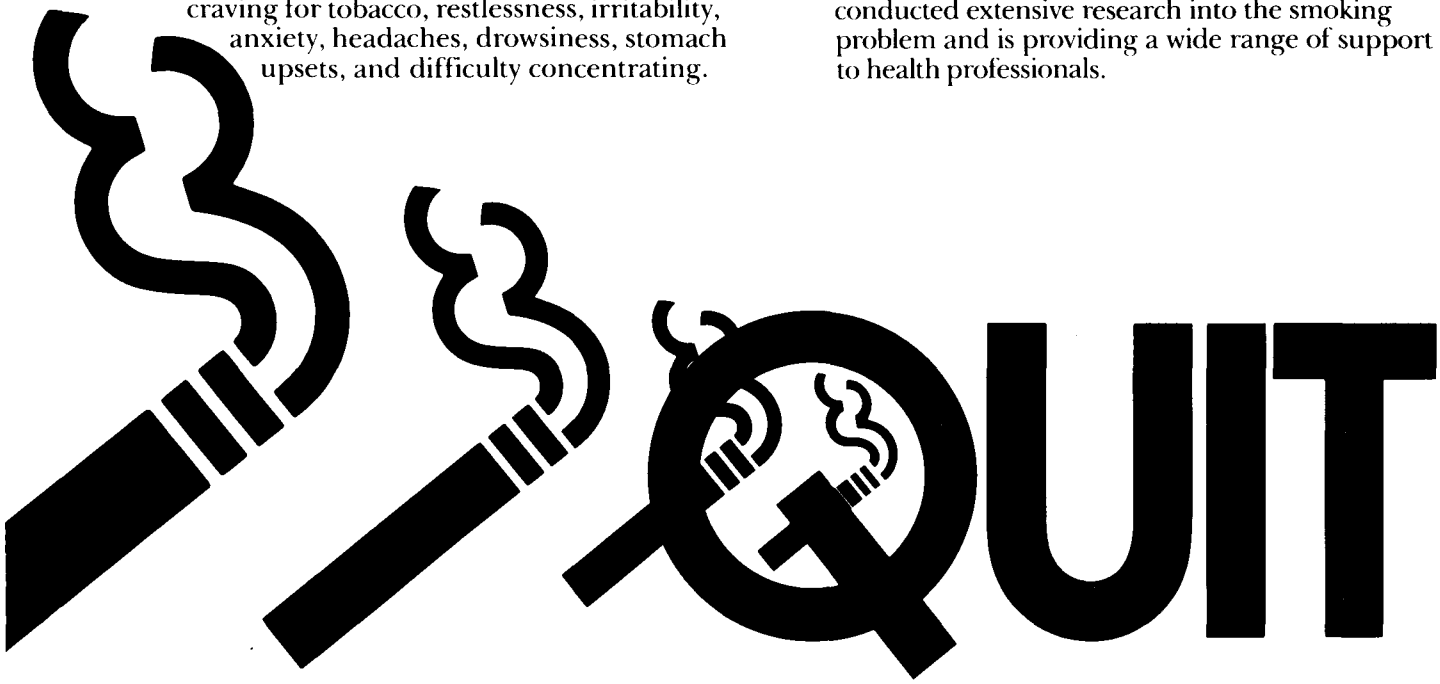

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SPEAKING OUT

THE HONEST TRUTH ABOUT LYING

Has disregard for the truth become epidemic in America?

by Bob Slosser

What are we to think of the Washington newsman who says unabashedly that he would lie in order to get at the truth for a story? This is not a hypothetical illustration, nor is it an isolated viewpoint.

I know firsthand of national reporters who have called a member of an organization to verify "information" that another member has supposedly stated. A lie or a deception then forces a disclosure by an unsuspecting party. (Once a reporter has obtained the illicit information, though, these same organizations in turn lie to him about the truth.)

What about this use of the lie as a way of life or business? I'm picking on newsmen only because their actions are so easy to cite. Furthermore, this is the season for railing at journalists, who do bear a lot of the responsibility for some of our national problems.

We all instinctively nod in affirmation when we read the words of the author James C. Hefley: "Journalists for some of America's most prestigious media have been caught embellishing and even inventing 'factual' stories." Writing in the *Christian Herald*, Hefley recalls that the Washington *Post* had returned a Pulitzer Prize after its prizewinning article about an eight-year-old heroin addict was found to be fictitious. That was an especially discouraging day for journalism. I think the *Post* probably examined itself and its hiring practices in depth.

But the problem encompasses more than journalism. It touches business, government, education, entertainment, and simple day-to-day relationships between fellow citizens and neighbors. Think about the $100 billion in taxable income that goes unreported in this well-intentioned nation every year; or think about the employee theft in American business that now exceeds $50 billion a year; or think about the gossip and the petty liars in your neighborhood.

Hefley quotes Jerald M. Jellison, a psychology professor at the University of Southern California and the author of *I'm Sorry—I Didn't Mean To —and Other Lies We Love to Tell*, who finds dishonesty snowballing in the United States. Jellison writes: "Many tend to think that since everyone else is cheating, they have to do the same, in order to protect themselves. In the past, breaking the rules was viewed as an exception. Now such behavior is considered commonplace."

We're talking about basic deception—lying. I fear we have reached the point where lying comes almost as easily as telling the truth. Lying doesn't hurt any longer. Do you remember how much you suffered emotionally as a child when you lost control—out of fear or desperation—and told that little lie? Such concern is gone; our consciences are withering; our commitment to truth is eroding.

Augustine warned us 1,500 years ago: "When regard for truth has broken down or even slightly weakened, all things remain doubtful." Even longer ago, the writers of Judeo-Christian scripture warned: "The Lord detests lying lips, but he delights in men who are truthful," and "A lying tongue hates those it hurts."

How tragic those words sound today. They pierce even deeper, however, when we realize what the trend toward lying is doing to our children. The tragedy begins for them at a very young age in our educational system. And it does no good to dump on the schoolteachers, either. They're merely caught in the chaotic winds of the course we've chosen for ourselves.

You see, we've bought the theory of relativism, the single big lie that says there are no absolute truths. We drift through life and let the drifting individual, influenced by a drifting society, determine what is right and wrong. To the drifting individual, there is no such thing as a lie—*his* lie is the truth.

What madness!

Proponents of such chaos like to quote a strange source to support their do-your-own-thing philosophy. With a contented smile and a sophisticated manner, they ask, "What is truth?" But you wonder if they understand the weak, desperate, tormented nature of

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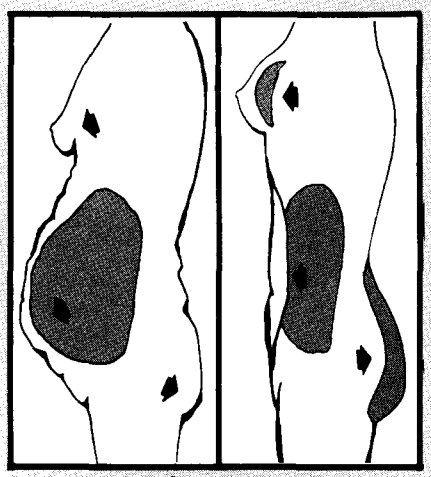

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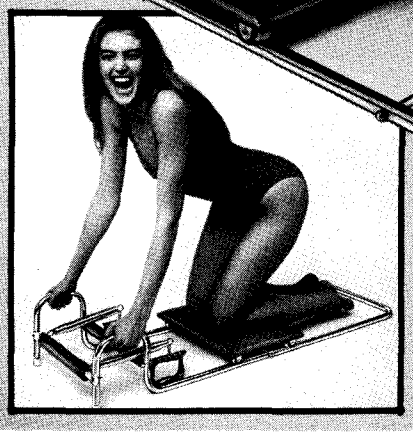

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Pontius Pilate when he blurted those words, which have echoed horribly through the centuries.

Hiding behind such weak arguments, we have indoctrinated our small children with all manner of relativistic nonsense and forced upon them such hazards as "values clarification," religious neutrality, textbook revisionism, concern for the self above all else, and the rule of the majority rather than the higher law, even when that majority is wrong.

George Selig, the dean of the CBN University School of Education, in Virginia, spoke of one factor in the trend toward lying: "Pragmatism has become a substitute for morality in education, because when faced with critical situations that require urgency in response, educators will often resort to the formation of a lie." He's right. Expediency works in perfect harmony with any weakening of moral absolutes.

Writing in *Educational Leadership* magazine, a team of researchers described the multifaceted pressures on young people to lie: "Students learn from observation, advertising, and government leaders, as well as from public schools. Many worldly-wise students see life as a con game in which neither television advertising nor test scores and college admissions are free from dishonesty and manipulation."

So what do we do? We must get behind the steadily growing awareness in grass-roots America that if we're going to counter the hollowness in the heart of our great country, we must fight to restore our traditional values. We must work in the family, the church, the schools, and the national leadership to restore truth and the presence of an absolute right and an absolute wrong.

Clint Ellsom, a schoolteacher in Ventura, California, wrote in *Moody* magazine: "True honesty is rare today. Few are willing to stand broken beore a consistent moral standard. Instead, we skirt obligations and blame circumstances."

Let's begin to correct that condition. Let's tell the truth to one another—whether we're newsmen, businessmen, educators, or just plain neighbors. Lying is unacceptable.

Bob Slosser, a former New York Times *editor and the author of many books about the American scene, is president of CBN University, Virginia Beach, Virginia.*

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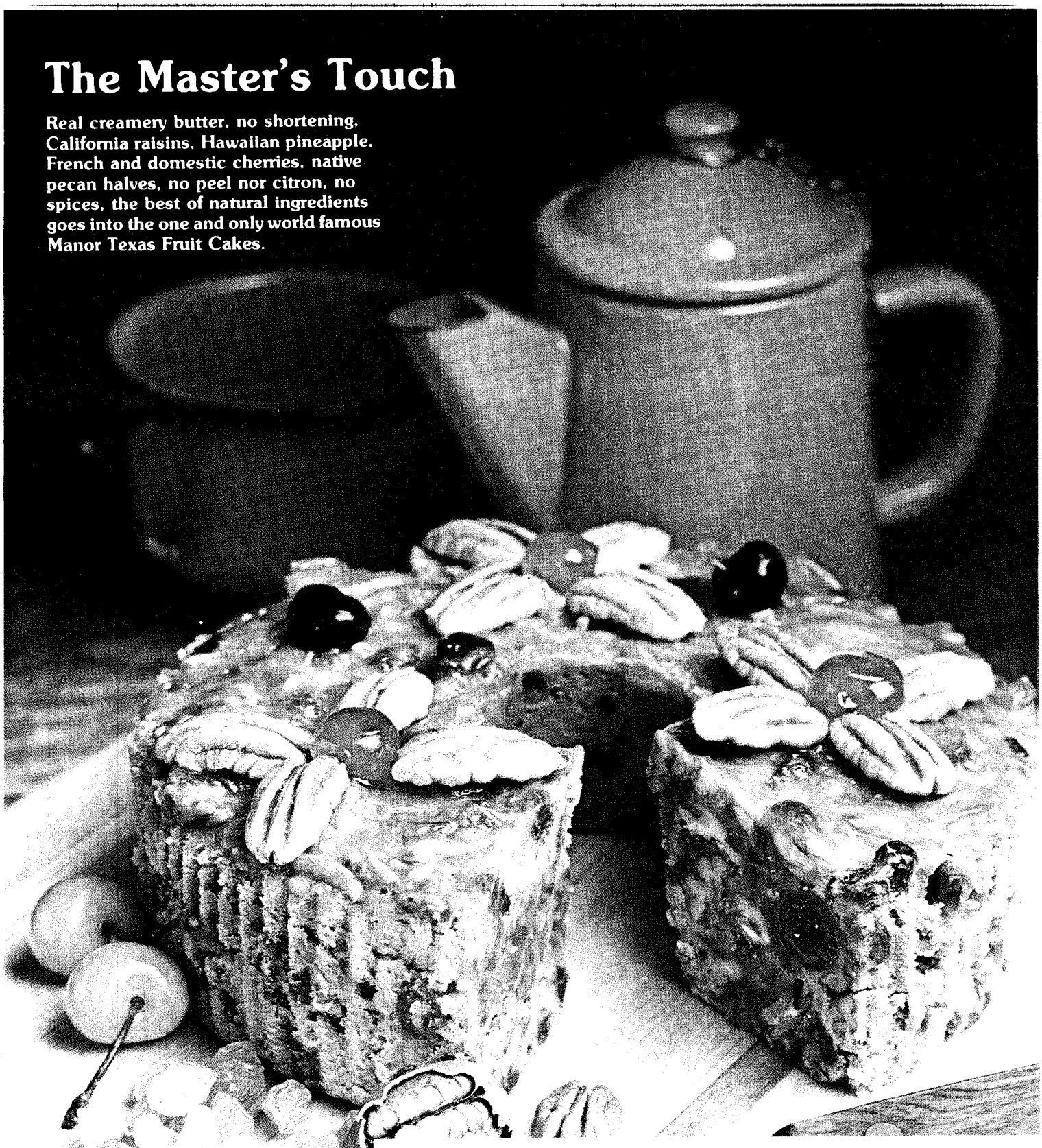
The Master's Touch

Real creamery butter, no shortening, California raisins, Hawaiian pineapple, French and domestic cherries, native pecan halves, no peel nor citron, no spices, the best of natural ingredients goes into the one and only world famous Manor Texas Fruit Cakes.



Armchair Shopper, P.O. Box 130 , Indianapolis, Indiana 46206 6F

Please send _____ 2 pound tin(s) of Manor Texas Fruit Cakes for only $15.95 each, plus $2.50 for postage and handling.

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POST SCRIPTS

A Reasonable Request

The father's tone of voice was severe: "Young man, do you really think you should be taking my daughter to night clubs all the time?"

"Indeed not!" the young man answered. "Would you please try to reason with her?"

—Oliver E. Frazier

A Lot to Learn

University: an institution of higher learning, with 2,000 classroom seats, 50,000 stadium seats, and 200 parking spaces.

—James Curnane

His Wish Is Her Command

A woman can't make a man do everything she wants, but she certainly can make him wish he had.

—George E. Bergman

Strolling Down Memory Closet

The old grad visiting campus for his class reunion returned to see the dorm room he had lived in. "This was my room years ago," he told the room's current resident. "The same windows, the same views, the same old closet." He threw open the closet door and found a lovely young lady inside.

"That's my sister!" the resident blurted.

The alumnus laughed. "And the same old story!"

—Martha J. Beckman

If Looks Could Kill

At 20, you're a fresh spring flower
Whose time has not yet come;
At 30, you're attractive
And such a lot of fun;
At 40, a gracious lady
Who'd be 30 if she could;
But at 50—ah, at 50,
You're simply "looking good"!

—Elsa Maresh

Whys Acres

"Why," the husband asked, "does a woman say she's been shopping when she hasn't bought anything?"

"Why," the wife asked, "does a man say he's been fishing when he hasn't caught anything?"

—James Curnane

Blanket Refusal

Unable to get the attention of a porter on the train, the pretty young woman in the upper berth shook the curtain until the disgruntled man in the lower berth asked what the matter was.

"I'm cold," she said, chattering. "Could you get me a blanket?"

The man looked around and asked: "Are you married or single?"

"Single."

"How'd you like to make believe you're married tonight?"

"Gee, that sounds like fun!"

"Then go get your own blanket!"

—Sherwood Ellis

Food for Thought

An empty stomach makes you yearn
For appetite satisfaction;
Too bad an empty noggin
Doesn't cause the same reaction!

—Ruth M. Walsh

In the Don't Know

My unread newspapers pile higher
each day;
Toward procrastination I tend.
At this rate, I'm likely the last
one who'll know
When this world comes promptly
to an end.

—James A. Knoop

On Holds

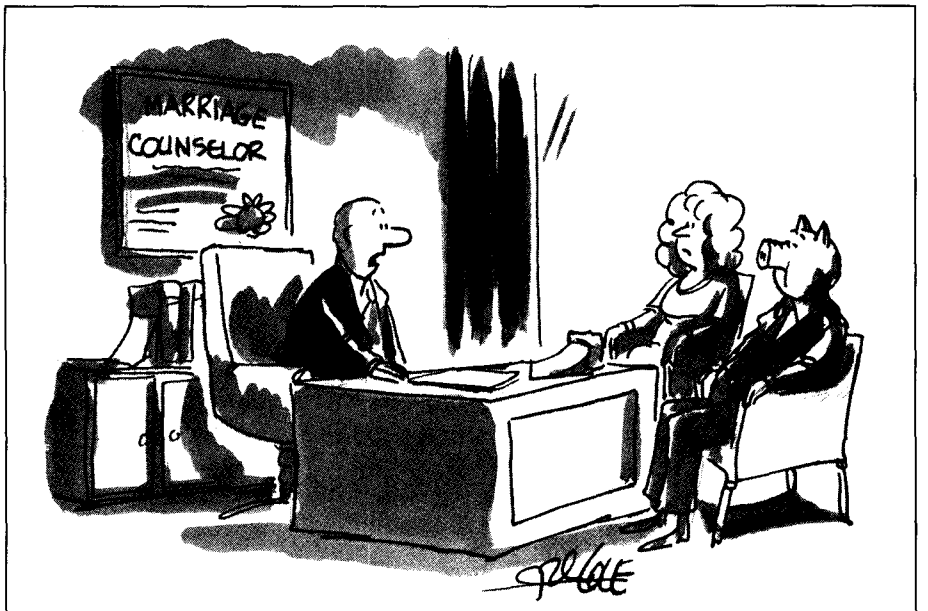
A hug is called a cuddle,
Or sometimes an embrace.
It comes in cozy sizes
And greets you face-to-face.

It's wrapped in many colors;
It's warmer than a glove.
Exchange it if you want to—
It's called the gift of love.

—Charles Ghigna

Das Woodenisch Horser

Der fräuleiner Helen, ein beautischer
sighten,



"When we spoke on the phone, Mrs. Webley, I assumed you were speaking metaphorically."

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Ben causen der Greeker mit
Troyfolken fighten.
Mit schemischer plotten, der
Greekers ben hiden
Ein outsizen woodenisch horser
insiden.
Der Troyfolken soonisch ben sealen
der faten
Mit haulen das horser insiden
der gaten.

Smartischer folkers der fighten
ben quitten.
Und spanken das Helen mit
hardischer hitten.

—Dave Morrah

Carte Green

When the check-out line is moving
slowly,
I sometimes get a "Bless you,
honey."
I'm one of those who move it fast
By paying with old-fashioned money.

—Rhoda Pellor

Set in Their Ways

Of course people are naturally optimistic. Why do you think they continue to turn on their TV sets?

—Arnot L. Sheppard, Jr.

A Matter of Fact

Whatever the reason for disagreeing,
Whatever the subject was,
If your spouse says, "It doesn't
matter,"
You'd better believe it does.

—S. H. Dewhurst

Flushed with Embarrassment

A little old lady planning a camping vacation wrote a letter to a particular campground to inquire about its toilet facilities. She couldn't bring herself to write the word "toilet," though, so she finally settled on the term "B.C.," meaning "bathroom commode."

The initials baffled the campground owner, who showed the letter to the other campers. They didn't understand, either, until one of them suggested the woman might be referring to a Baptist church. The owner agreed and wrote his reply:

"Dear Madam: Thank you for your inquiry. I take pleasure in informing you that a B.C. is located two miles north of our campground, and seats 250 people. My wife and I go quite regularly, but as we grow older, it seems to be more of an effort, particularly during cold spells. If you visit our campground, perhaps we could go with you the first time, sit with you, and introduce you to the other folks. Ours is a friendly community. Sincerely yours."

—George DeForest

Gifts of the Spirited

The most gifted children are those with two sets of grandparents.

—Frank Walsh

Fad Chance

Dress designer: one who lives off the fad of the land.

—G. G. Crabtree

Horse Sense

In a small town, a farmer asked his veterinarian what to do about his horse, which sometimes walked normally and sometimes limped.

"Next time he's walking normally," the vet advised, "sell him."

—Thomas LaMance

Extra-Sensory Palate

I hunt through magazines and books
To find a recipe that looks
Delicious, simple, yet unique.
I plan the menu all that week;
Buy groceries, roast, and bake,
Positive the meal I'll make—
A gourmet treat for him and me—
Is just exactly right, you see.
The lights are low; the wine is chilled;
Candles are lit and plates are filled.
I wait. He smiles: "Why,
honeybunch,
How'd you know what I had for
lunch?"

—Jean Conder Soule

A Fishy Wish

I think that if I had one wish,
I'd choose to be an ocean fish,
Swimming near shipwrecks bestrewn
With treasures rare and gold
doubloon.
The hitch, though, in this stratagem?
I'd have no hands to gather 'em.

—Mary A. Honsel

Walden III

You know you're living in the country when:

—You take the car to get the mail;

—Your neighbors talk about the weather, rather than the neighbors;

—Shoes get no farther than inside the door;

—The size of your woodpile becomes a status symbol;

—Before driving home from town, you insist on filling the tank, even though it's already half full.

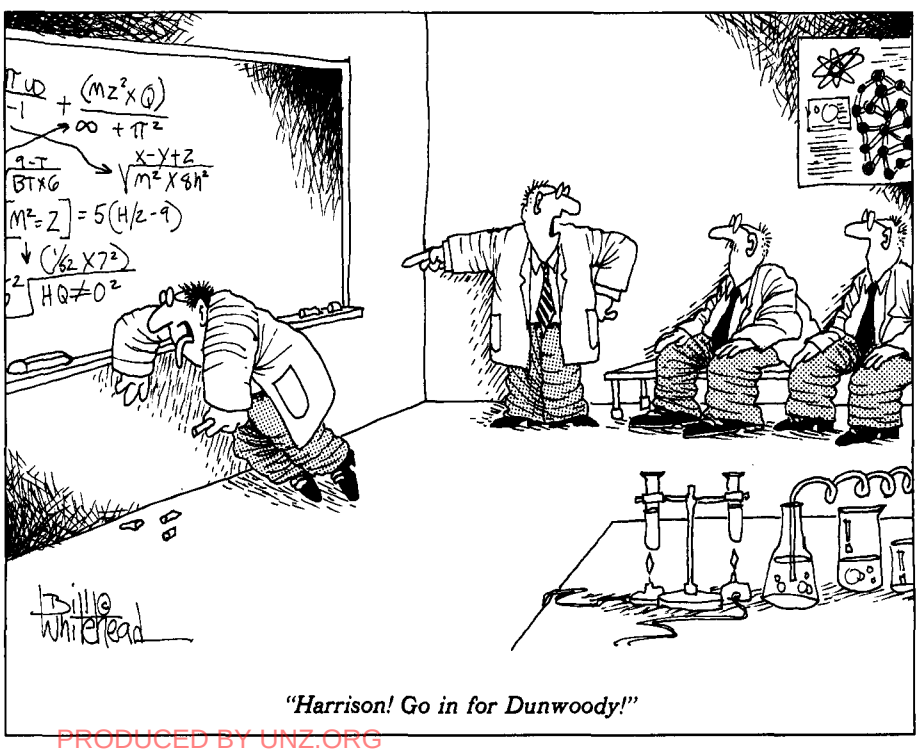
—Carl L. Bedal

A Dirty Business

The teacher stopped at the boy's desk and said, "You didn't wash properly. What would you say if I came to class with dirty hands?"

"I'd be too polite to say anything," the boy replied.

—A. H. Berzen



"Harrison! Go in for Dunwoody!"

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LAKE WOBEGON: THE LITTLE TOWN THAT TIME FORGOT

Where women are strong, the men good-looking, and the children above average.

by Lawrence Sutin

Lake Wobegon—a mythical small town, set in the Minnesota prairie heartlands, that millions of otherwise practical-minded Americans believe to be absolutely *real*. Saturday evenings, as dinner is cooking in the kitchens, these believers—listeners served by the 260-station American Public Radio network (including Hawaii and Alaska)—huddle by their radios to hear the latest news from Lake Wobegon on "A Prairie Home Companion."

After the broadcast, they might devote the evening to reading *Lake Wobegon Days* (Viking Penguin, 1985), the No. 1-best-selling chronicle of the town's history that was, along with its author, Garrison Keillor, the subject of a *Time* cover story.

As in the case of Paul Bunyan, Minnesota's previous mythical export (Mary Tyler Moore aside), Lake Wobegon and its residents have taken on life by the sheer fact of their vivid place in our imaginations—quite an accomplishment for a community that, as *Lake Wobegon Days* tells it, had a less-than-auspicious beginning:

". . .Lake Wobegon is mostly poor sandy soil, and every spring the earth heaves up a new crop of rocks. Piles of rock ten feet high in the corners of fields, picked by generations of us, monuments to our industry. Our ancestors chose the place, tired from their long journey, sad for having left the motherland behind, and this place reminded them of there, so they settled here, forgetting that they had left there because the land wasn't so good. So the new life turned out to be a lot like the old, except the winters are worse."

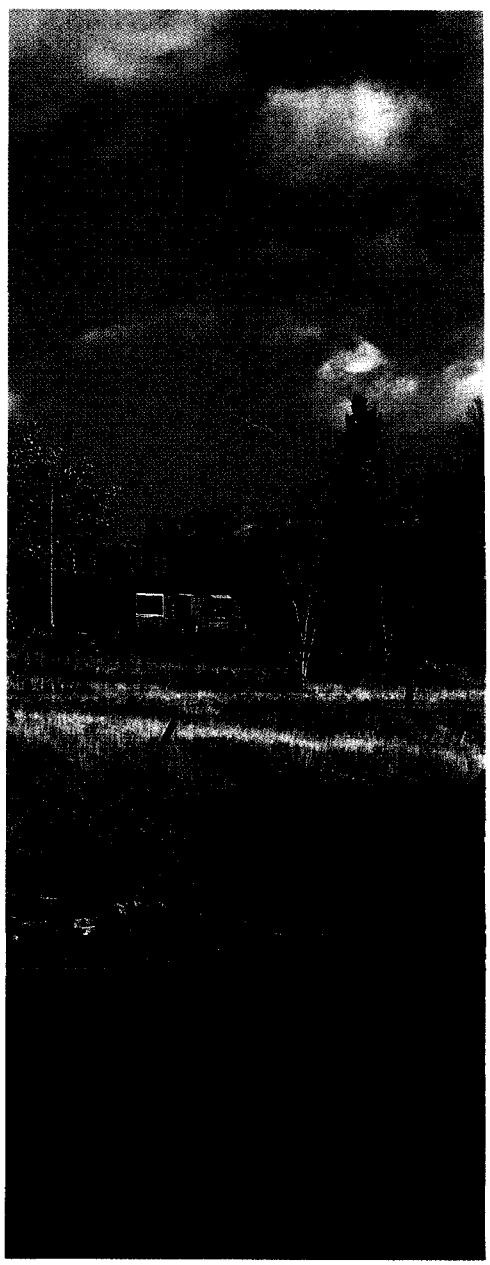
Lake Wobegon is, as that excerpt underscores, not a Shangri-la. Its populace, largely Norwegian Lutherans (led by Pastor Ingqvist of Lake Wobegon Lutheran Church) and German Catholics (tended by Father Emil of Our Lady of Perpetual Responsibility Church), are of hearty, seemingly serious stock. Life is a thrifty business for them.

And yet they have a simplicity and warmth, not to mention an unpredictable wayward streak. How else could The Sidetrack Tap ("the dim little tavern on Main Street where it's safe to be foolish") and The Fearmonger's Shoppe ("serving all your phobia needs since 1954—when it comes to safety, don't expect to save money") both be doing such roaring business?

At times, Keillor's Lake Wobegon resembles the Russian village of Chelm—the setting of *Fiddler on the Roof*—where fools, peddlers, and rabbis continued the eternal debate over the nature of God while their wives complained, their children played, and their roofs leaked. Lake Wobegoners—similarly isolated, similarly filled with faith—surmount the difficulties (often hilariously self-created) of their lives through an awkward, endearing loyalty to the values of their ancestors: honesty, industry, church. In so doing, they have escaped from the world of "literature" or "entertainment" to become familiar figures—*friends*—presented on a live (not a pretaped) radio program.

Keillor, the creator of the Lake Wobegon world, addressed the issue of the reality of Lake Wobegon in a recent piece entitled "Eleven Questions Most Often Asked About 'A Prairie Home Companion,' and Eleven Answers Not Given Previously":

"No, there is no town in Minnesota named Lake Wobegon that I could show you; at least I'm not aware of one. But I would also have a hard time showing you the Ninth Federal Reserve District, the Archdiocese of Saint Paul and Minneapolis, the Big Ten, or the upper middle class. Most people deal very comfortably with abstractions much more far-fetched than Lake Wobegon—the Moral Ma-



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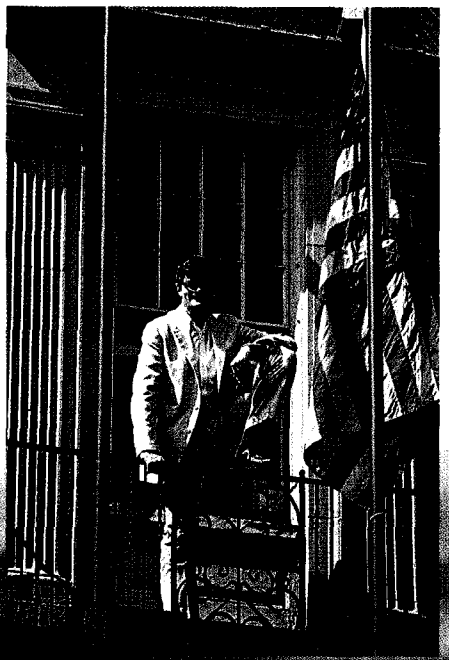

jority, secular humanists, Hollywood, etc.

"Compared to any of those, Lake Wobegon is as real as my hands on this typewriter and sometimes more real than *that*. I once dreamed that I drove over a hill in central Minnesota and found it [Lake Wobegon]. In the dream, they weren't particularly happy to see me, but they managed to be fairly polite. I was invited to someone's house for supper, and then I woke up."

The dream of finding Lake Wobegon, due to the success of both the radio show and the book, has become a nationwide obsession and haven. Keillor had longed to create a live radio show since doing a piece for the *New Yorker* on the Grand Ole Opry in Nashville. The first live "A Prairie Home Companion" broadcast—aired solely to a Minnesota audience—took place in a small college auditorium on July 6, 1974. There was an audience of 12 in the 400-seat hall, and the total gate ($1 for adults, 50¢ for children) was less than $8. By 1980,

Lake Wobegon? There's no such place. But Garrison Keillor (above), with a hit radio show and a best-selling book, has made it real to millions.

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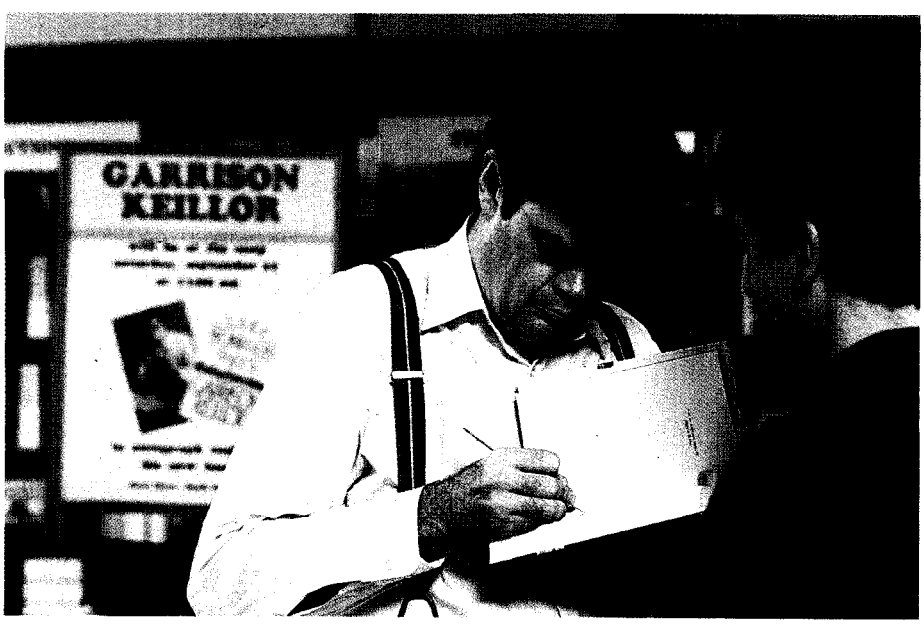
Keillor, drained after another virtuoso two-hour performance, can still crack up the **Post***'s artist, Lucian Lupinski.*

the first nationwide American Public Radio broadcasts were carried by only 30 stations.

Since then, nearly everyone has been to Lake Wobegon at least once. Each week, 4 million or more listeners spend two hours in "the little town that time forgot, that decades cannot improve, where all the women are strong, all the men are good-looking, and all the children are above average." The demographics of "Home Companion" regulars comprise an ad executive's heaven: young *and* old, male *and* female, urban *and* rural, yuppie *and* counterculture—not to mention the legion of "shy" people of all persuasions for whom Keillor is an inspiration to come out of their shells.



When the author appeared at a Boston bookstore, hundreds lined up for autographs of his book, **Lake Wobegon Days.** *Some bought six copies.*

Families come together to listen: If they live in separate cities, they call each other after the shows to talk about the latest gossip overheard at the Chatterbox Café, "where the coffeepot is always on, which is why it tastes that way." In small Midwest towns you can see farmers in official Lake Wobegon "Whippets" baseball caps. Chic apartments in New York's SoHo district are adorned by posters celebrating Keillor and Powdermilk Biscuits—"biscuit mix in the big blue box or biscuits already baked in the big brown bag with the dark stains that indicate freshness. *Heavens, they're tasty and expeditious!*"

Although "Home Companion" is not regularly broadcast outside the United States with the exception of a weekly airing in Australia (there have been limited airings—to enthusiastic response—in Sweden), the show's weekly fan-mail bag of 1,000 letters (not including the extra hundred straightforward ticket requests) confirms that its listenership is distinctly international. Cassettes of the show —both those produced for sale by Minnesota Public Radio and those bootlegged by home-taping listeners —pass hands throughout the world. Consider this recent letter from a Lutheran missionary in Madagascar (who had not had "home leave" for three years):

"Your program is immensely popular with ALC [American Lutheran Church] missionaries over here, and I think you should know that. Missing America does play a large part in our lives, and your blend of nostalgia and humor is very therapeutic. Relatives no longer wonder about what to get missionaries for Christmas; they simply tape a bunch of 'Home Companion' shows. . .It used to be that when a person from our headquarters in Minneapolis would make a trip out here, he would be filled with requests to carry medicines. Now he carries 'PHC' tapes! (Which, for us, are a kind of medicine.)"

A young American girl, homesick in December during her year abroad for studies in France, met a Frenchman who had spent time in the States

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and had brought back cassettes of the show upon his return. In her letter to Keillor she wrote: "I listened to your telling of the Christmas Story, and I laughed a good bit and cried some, too. . .So thank you for my Christmas present: You gave it completely and unselfishly, to as many people as you could, not needing any thanks. And if that's not what Christmas is all about, I don't know what is."

Although those closely involved in the production of "Home Companion" are grateful for the intensive listener response, they can only guess at which qualities of the program make it so successful. Lynne Cruise, the director of the show, works with Keillor and the musical performers in setting the structure for each episode; she also oversees all technical arrangements. After a number of years with "Home Companion," surely she should know just what makes great radio.

She laughs at the statement. "We're *still* working on an answer to that. If we ever did get it right, we'd probably quit. But radio is a remarkable medium. It communicates directly to listeners—you're *with* them—as opposed to video, in which you are an onlooker staring at a screen.

"The hardest part of the technical aspect of the broadcast is to achieve a quality that will make the persons at home full participants. When that happens, they do have a visual component to the show—they're imagining as we go along, and everyone imagines differently, which makes it very personal. Videos provide the visual component," she says.

Cruise emphasizes that both the live and the audio audiences play an important part in creating the mood and the feel of "Home Companion" broadcasts. "We have entirely separate audio mixes for the at-home and the in-house audiences," she says. "The person at home is in a small room, an entirely different environment and feeling. We use a technique called 'panned mono' to create a three-dimensional sound—at a seemingly genuine distance from a performance stage—with depth, like the live audience hears."

Keillor launches his Saturday-night show singing "Hello, Love."

Ilene Zatal, a volunteer staff member who has been with the show for more than five years, has as her special assignment the handling of the voluminous listener mail. Zatal, who makes her living as a consultant to hospice programs, takes great pleasure in fashioning personal written responses to the hundreds of letters Keillor himself cannot review.

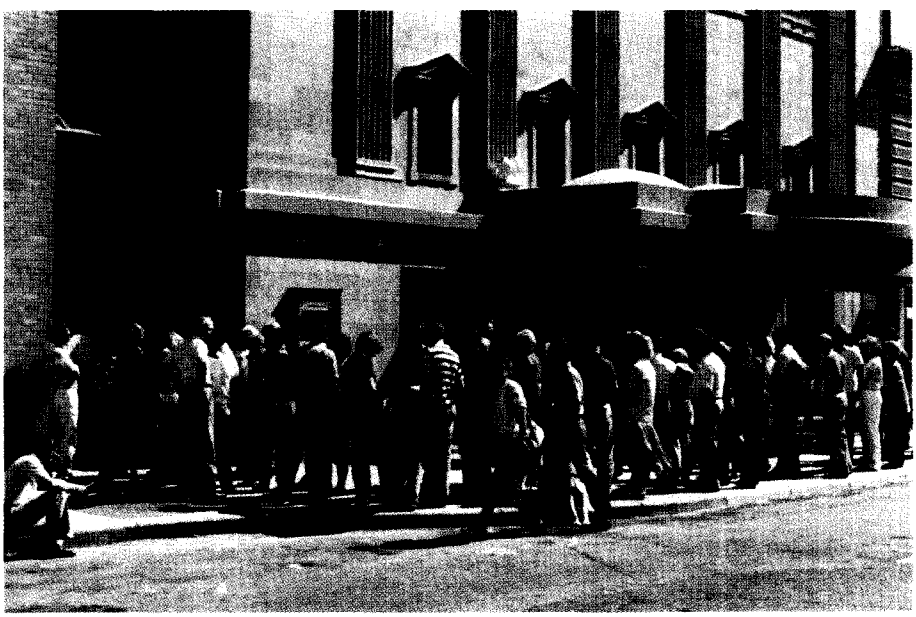
"At times it can be emotionally overwhelming that listeners, complete strangers before they write, can produce letters that share so much, with so much warmth and caring," Zatal says. "Their egos are usually not heavily involved. They don't write to tell us how they could do the show better. They're giving a piece of themselves. That's what opening the letters is like—discovering pieces of lives.

"Every kind of person writes. I'm surprised at the number of handwritten letters from men—they haven't been dictated to a corporate secretary. For many people, the show seems to remind them of a childhood they may not have had but would have liked to have had. Garrison is always emphasizing that the primary thrust of the show is not nostalgic—to take you back there—but it does, regardless.

"People often write to say how a show reminds them of some important moral lesson they once learned—by applying it and saving the day in a difficult situation. A number of people wrote to describe instances when they turned away from something because it didn't just affect themselves, but others as well."

The home base for "A Prairie

continued on page 101



The humorist's first broadcast, July 6, 1974, had a live audience of 12. Today, the World Theater is sold out months ahead.

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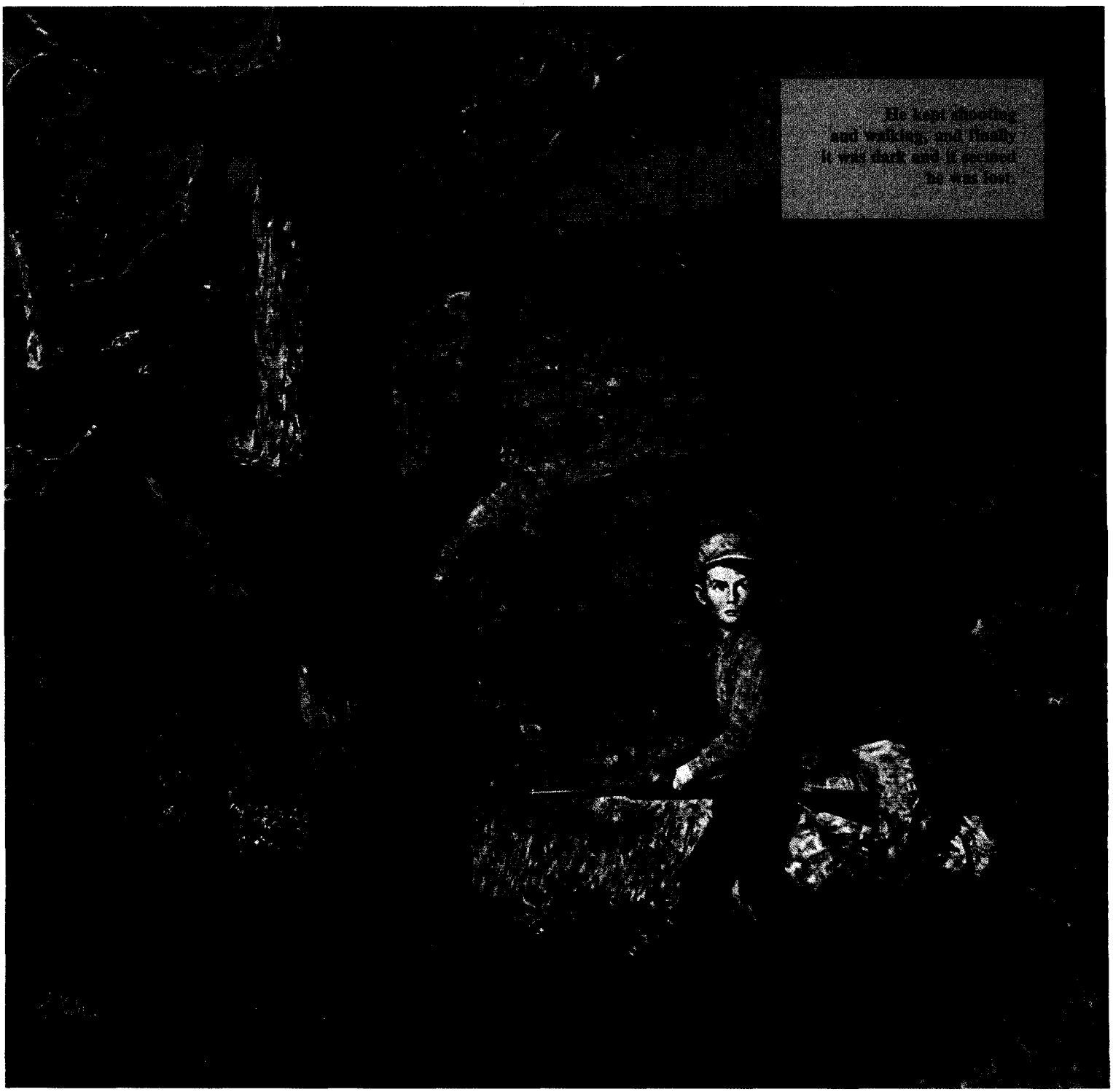
AN ORNERY KIND OF KID

The difference between a problem child and a normal boy is often slight. Even his own father didn't know which Mayo Maloney was.

by William Saroyan



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Mayo Maloney at 11 was a little shrimp of a fellow who was not rude so much as he was rudeness itself, for he couldn't even step inside a church, for instance, without giving everybody who happened to see him an uncomfortable feeling that he, Mayo, despised the place and its purpose.

It was much the same everywhere else that Mayo went: school, library, theater, home. Only his mother felt that Mayo was not a rude boy, but his father frequently asked him to get down off his high horse and act like everybody else. By this, Michael Maloney meant that Mayo ought to take things easy and stop finding so much fault with everything.

The only thing that didn't bore Mayo was the idea of hunting, but his father wouldn't buy him a gun, not even a .22-caliber single-shot rifle. Michael Maloney told Mayo that as soon as he was sure that Mayo had calmed down a little, he would think about buying him a gun. Mayo tried to calm down a little so he could have his gun, but he gave it up after a day and a half.

"I don't know how," Mike Maloney said one night at dinner, "but if you want a gun, you've got to calm down enough so I can believe you won't shoot the neighbors with it. Do you think my father so much as let me sit down to my dinner if I hadn't done something to earn it? He didn't invite me to earn any gun to shoot pheasant with. He told me to earn my food, and he didn't wait until I was 11, either. I started earning it when I was no more than 8. The whole trouble with you is you're too pent-up from not doing any kind of work at all for your food or shelter or clothing to be decently tired and ordinary like everybody else. You're not human, almost. Nobody's human who doesn't know how hard it is to earn his food and the other basic things. It's the fault of your mother and father that you're such a sarcastic and fault-finding man instead of a calm, handsome one. Everybody in this whole town is talking about how your mother and father have turned you into an arrogant ignoramus of a man by not making you earn your right to judge things."

"Now, Mike," Mrs. Maloney said, "Mayo's not as bad as all that. He just wants a gun to hunt pheasant with."

Mike turned to Mrs. Maloney. "Is it a gun I must buy for him now?" he asked.

Mrs. Maloney didn't quite know how to say that it was. She remained silent and tried not to look at either her husband or her son.

"O.K.," Mike Maloney said to both his wife and his son. "I have to go back to the office a minute, so if you'll come along with me I'll drop into Archie Cannon's and buy you a gun."

He got up from the table and turned to Mrs. Maloney.

"Provided, of course," he said, "that that meets with your approval."

"Aren't you going to finish your food?" Mrs. Maloney asked.

"Who wants to waste time eating," Mike Maloney asked, "when it's time to buy a gun?"

Mike Maloney went to the door where his nervous son was standing, waiting for him to shut up and get going.

He turned to his wife and said, "I won't be able to account for him after I turn the gun over to him, but I'll be gone no more than an hour. If we'd been poor and couldn't afford it, he'd know the sinfulness of provoking me into this sort of bitter kindness."

He saw the boy break loose and disappear far down the street. When he got to Archie Cannon's, the boy was waiting for him. They went in, and Mike Maloney asked Archie to show him the guns.

"What kind of a gun do you want, Mike?" Archie asked. "I didn't know you were interested in hunting."

"It's not for myself," Mike Maloney said. "It's for Mayo here, and it ought to be suitable for pheasant shooting."

"That would be a shotgun," Archie said.

"Would that be what it would be?" Mike Maloney asked his son, and although the boy hadn't expected anything so precisely suitable for pheasant shooting, he said that a shotgun would be what it would be.

"O.K., Archie," Mike said. "A shotgun."

"Well, then," Archie Cannon said, "this here's a fine double-barreled 12-gauge shotgun and it's just about the best bargain in the store."

"You shouldn't have said that, Archie," Mike Maloney said. "This man's not interested in bargains. What he wants is the best shotgun you've got that's suitable for pheasant shooting."

"That would be this 12-gauge repeater," Archie Cannon said, "which sells for $98.50, plus tax, of course. It's the best gun of its kind."

"Anybody can see it's a better gun," Mike Maloney said. "No need to waste time with inferior firearms."

He handed the gun to Mayo Maloney, who held it barrel down, resting over his right arm, precisely as a gun, loaded or not, ought to be held.

"Anything else?" Mike Maloney asked his son, who said nothing, but with such irritation that Mike quickly said to Archie Cannon, "Shells, of course. What good is a shotgun without shells?"

Archie Cannon jumped to get three boxes of his best shotgun shells, and as he turned them over to Mike Maloney, who turned them over to Mayo, Archie asked, "A hunting coat in which to carry the shells? A red hunting cap?"

Mayo Maloney was gone, however.

"He didn't want those things," Mike Maloney said.

"Some hunters go to a lot of trouble about costume," Archie Cannon said.

"He doesn't," Mike Maloney said. "What do I owe you?"

"One hundred and five dollars and 69¢, including tax," Archie said. "Has he got a license?"

"To hunt?" Mike Maloney said. "He hasn't got a license to eat, but damned if I don't halfway admire him sometimes. He must know something, to be so sure of himself and so contemptuous of everybody else."

"To tell you the truth," Archie Cannon said, "I thought you were kidding, Mike. I thought you were kidding the way you sometimes do in court when you're helping a small man fight a big company. I didn't expect you to actually buy a gun and turn it over to an 11-year-old boy. Are you sure it's all right?"

"Of course it's all right," Mike Maloney said. "You saw for yourself the way he held the gun." He began to write a check. "Now, what did you say it came to?"

"A hundred and five sixty-nine," Archie Cannon said. "I hope you know there's no pheasant to speak of anywhere near here. The Sacramento Valley is where the pheasant shooting is."

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"Where you going to be around ten o'clock tonight?" Mike Maloney asked.

"Home, most likely," Archie Cannon said. "Why?"

"Would you like to drop over to my house for a couple of bottles of beer around ten?" Mike asked.

"I'd like that very much," Archie said. "Why?"

"Well," Mike said, "the way I figure is this: It's a quarter after five now. It'll take him about 3 minutes to hitch a ride with somebody going out to Riverdale, which is about 25 miles from here. That would take an average driver 40 or 45 minutes to make, but he'll get the driver, whoever he is, or she is, for that matter, to make it in about half an hour or a little under. He'll do it by being excited, not by saying anything. He'll get the driver to go out of his or her way to let him off where the hunting is, too, so he'll start hunting right away, or a little before six. He'll hunt until after dark and walk a lot in the meantime. He won't get lost or anything like that, but he'll have to walk back to a road with a little traffic. He'll hitch a ride back, and he'll be home a little before or a little after ten."

"How do you know?" Archie said. "How do you even know he's going hunting at all tonight? He just got the gun, and he may not even know how to work it."

"You saw him take off, didn't you?" Mike Maloney asked. "He took off to go hunting. And you can be sure he either knows how to work the gun or will find out by himself in a few minutes."

"Well," Archie said, "I certainly would like to drop by for some beer, Mike, if you're serious."

"Of course I'm serious," Mike said.

"I suppose you want to have somebody to share your amusement with when he gets back with nothing shot and his body all sore from the powerful kick of the gun," Archie said.

"Yes," Mike said. "I want to have somebody to share my amusement with, but not for those reasons. He may be a little sore from the powerful kick of the gun, but I think he'll come back with something."

"I don't get it," Archie said.

"You're game warden of this area, aren't you?"

"I am."

"O.K.," Mike said, "if it turns out that he's broken the law, I want you to know it."

"Well," Archie said, "I wouldn't want to bother about a small boy shooting a few days out of season without a license."

"I'll see you a little before ten, then," Mike Maloney said.

He spent a half-hour at his office, then walked home slowly, to find the house quiet and peaceful, the kids in bed, and his wife doing the dishes. He took the dishcloth and began to dry dishes.

"I bought him the best shotgun Archie Cannon had for pheasant shooting," he said.

"I hope he didn't make you too angry," Mrs. Maloney said.

"He did for a while," Mike said, "but all of a sudden he didn't, if you know what I mean."

"I don't know what you mean," Mrs. Maloney said.

"I mean," Mike said, "it's all right not being poor."

"What's being poor got to do with it?" Mrs. Maloney asked.

"I mean it's all right, that's all," Mike said.

"I don't know what I think now," Mrs. Maloney said. "You've had so much trouble with him all along, and now all of a sudden you buy him an expensive gun and believe it's perfectly all right for him to go off hunting in the middle of the night on the third day of October. Why?"

"Well," Mike Maloney said, "it's because while I was preaching to him at the table this afternoon, something began to happen. It was as if my own father were preaching to me 30 years ago when I was Mayo's age. Oh, I did earn my food, as I said, and I wanted a gun, just as he's been wanting one. Well, my father preached to me, and I didn't get the gun. I mean, I didn't get it until almost 5 years later, when it didn't mean very much to me any more. Well, while I was preaching to him this afternoon, I remembered that when my father preached to me, I was sure he was mistaken to belittle me so, and I even believed that somehow—somehow or other, perhaps because we were so poor, if that makes sense—he would suddenly stop preaching and take me along without any fuss of any kind and buy me a gun. But of course he didn't. And I remembered that he didn't, and I decided that I'd do for my son what my father had not done for me."

"Do you mean you and Mayo are alike?" Mrs. Maloney asked.

"I do," Mike said. "I do indeed."

"Very much alike?"

"Almost precisely," Mike said. "Oh, he'll not be the great man he is now for long, but I don't want to be the one to cheat him out of a single moment of his greatness."

"Well, I hope he doesn't hurt himself," Mrs. Maloney said.

"We'll never know if he does," Mike said. "I've asked Archie to come by around ten for some beer, because I figure he'll be back by then."

Mike Maloney went out on the front porch with his wife, and they sat and talked about their son Mayo and their other kids until a little after nine, and then Mrs. Maloney went inside to see if the beer was in the icebox and to put some stuff out on the kitchen table, to go with the beer. Then she went to bed.

Around a quarter to ten Archie Cannon came walking up the street and sat down in the rocker on the front porch.

The two went inside and sat down at the kitchen table. Mike lifted the caps off two bottles of cold beer, filled two tall glasses, and they began to drink. There was a plate loaded with cold roast beef, ham, bologna, and sliced store cheese, and another plate with rye bread on it, already buttered.

When it was almost 12 and Mayo Maloney hadn't come home, Archie Cannon wondered if he shouldn't offer to get up and go home or maybe even offer to get his car and go looking for the boy, but he decided he'd better not. Mike Maloney seemed excited and angry at himself for having done such a foolish thing, and he might not like for Archie to rub it in.

A little before one in the morning, after they had finished a half-dozen bottles of beer apiece and all the food Mrs. Maloney had set out for them, and after they had talked about everything in the world excepting Mayo Maloney, they heard footsteps on the back stairs, and then on the porch, and after a moment he came into the kitchen.

He was a tired man. His face was dirty and flushed, and his clothes were dusty and covered with prickly burs of all kinds. His hands were scratched and almost black with dirt. His gun was slung over his right arm, though, and nested in his left arm

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were two beautiful pheasants.

He set the birds on the kitchen table, then broke his gun up for cleaning. He wrapped a dry dishtowel around the pieces and put the bundle in the drawer in which he kept his junk. He then brought six unused shells out of his pockets and placed them in the drawer, too, locked the drawer with his key, and put the key back into his pocket. Then he went to the kitchen sink and rolled up his sleeves and washed his hands and arms and face and neck, and after he'd dried himself, he looked into the refrigerator and brought out some bologna wrapped in butcher paper and began to eat it without bread, while he fetched bread and butter and a chair. He sat down and began to put three thick slices of bologna between two slices of buttered bread. Mike Maloney had never before seen him eat so heartily.

He didn't look restless and mean any more, either.

Mike Maloney got up with Archie Cannon, and they left the house by the back door in order not to disturb Mrs. Maloney and the sleeping kids.

"I'll walk you home," Mike said.

In the kitchen, the boy finished his sandwich, drank a glass of milk, and rubbed his shoulder.

The whole evening and night had been unbelievable. Suddenly at the table, when his father had been preaching to him, he'd begun to understand his father a little better, and himself, too, but he'd known he couldn't immediately stop being the way he had been for so long, the way that was making everybody so uncomfortable. He'd known he'd have to go on for a while longer and see the thing through. He'd have to go along with his father. He'd known all this very clearly, because his father had suddenly stopped being a certain way—the way everybody believed a father ought to be—and Mayo had known it was going to be necessary for him to stop being a certain way, too—the way he had believed he had to be.

In the kitchen, almost asleep from weariness, he decided he'd tell his father exactly what he'd done, but he'd wait awhile first, maybe ten years.

He'd had a devil of a time finding out how the gun worked, and he hadn't been able to hitch a ride at all, so he'd walked and run six miles to the countryside around Clovis, and there he'd loaded the gun and aimed it at a blackbird in a tree leaning over Clovis Creek and pressed the trigger.

The kick had knocked him down, and he had missed the bird by a mile. He'd had to walk a long way through tall, dry grass and shrubs for something else to shoot at, but all it was was another blackbird, and again the kick had knocked him down, and he'd missed it by a mile.

It was getting dark fast by then, and there didn't seem to be anything alive around at all, so he began to shoot the gun just to get used to it. Pretty soon he could shoot it and not get knocked down. He kept shooting and walking, and finally it was dark, and it seemed he was lost. He stumbled over a hidden rock and fell and shot the gun by accident and got a lot of dirt in his eyes. He got up and almost cried, but he managed not to, and then he found a road, but he had no idea where it went or which direction to take. He was scratched and sore all over and not very happy about the way he'd shot the gun by accident. He was scared, too, and he said a prayer a minute and meant every word of what he said. And he understood for the first time in his life why people liked to go to church.

And pretty soon he felt so tired and small and lost and hopeless and foolish that he could barely keep from crying, and he said, "Please don't let me cry."

He walked a long time, and then far down the road he saw a small light, and he began to walk faster. It was a country store with a gasoline

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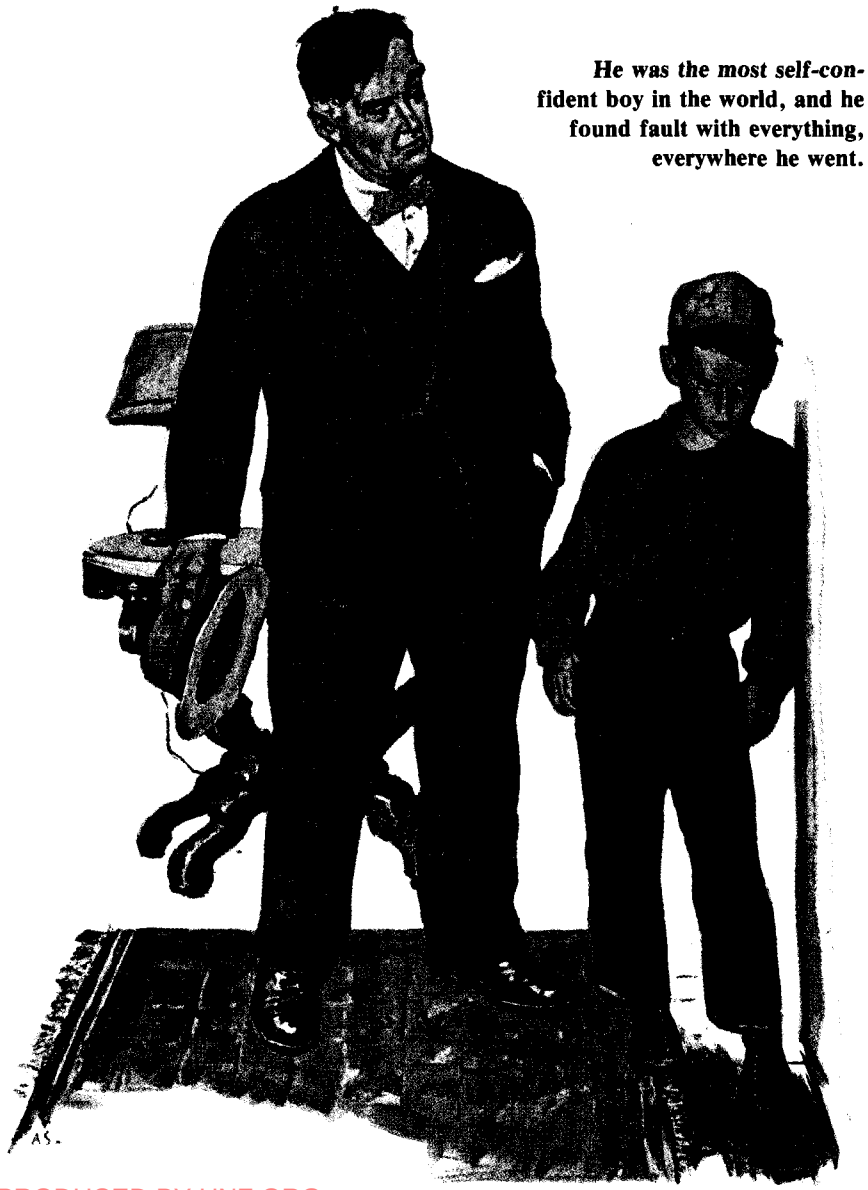

He was the most self-confident boy in the world, and he found fault with everything, everywhere he went.

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HEADS UP FOR LITERACY

A unique educational program for teaching children and adults to read and write is getting good marks in tests around the country.

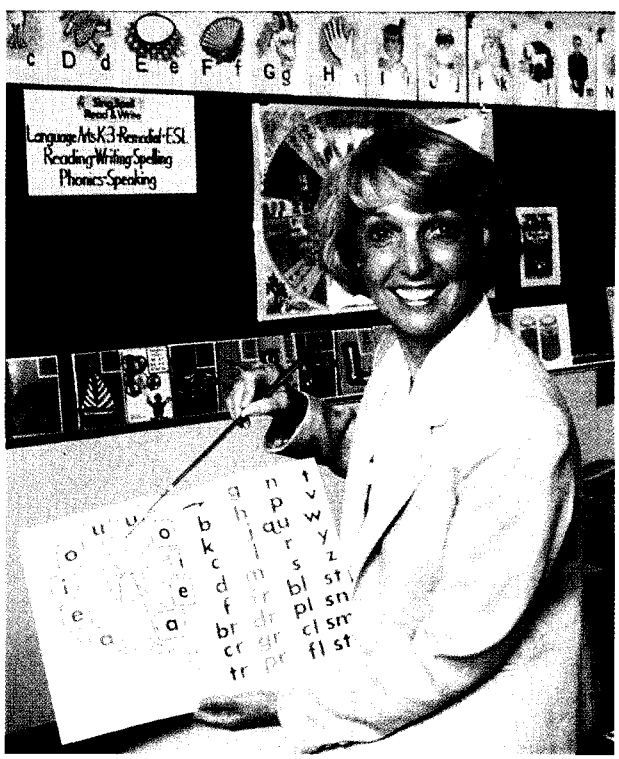
by Holly G. Miller

A first grader at Chicago's R.D. Henton Academy recently visited a restaurant with her parents and politely asked for her own menu, please. When dinner arrived, she reminded the waitress that her order included bread. The menu said so.

A thousand miles away, Fahey McCann, a field representative in the national "Heads Up" literacy project, later applauded his former student's reading prowess and her moxie in correcting the menu oversight. "That tells me this little girl can read," McCann says. "She won't be led around by the nose as illiterate people often are. She can make good decisions without merely assuming whatever anyone tells her is the truth."

The Chicago success story doesn't end at the dinner table. McCann proudly reports that first graders at the inner-city academy are now reading articles from the Chicago *Tribune* and comfortably commenting on President Reagan's dilemma with Khadafy and Mayor Washington's problems with city aldermen. And not just children benefit from the program. "In our Houston adult class we had a man who had completed two traditional programs and still confused words like 'community' and 'commodity,' " says Linda Neithammer, the national director of "Heads Up." "Once he had gone through 'Sing, Spell, Read & Write,' he was able to unlock those differences."

The "Sing, Spell, Read & Write" curriculum, implemented by the "Heads Up" literacy project of the Christian Broadcasting Network, may be nothing new, but it contains a lot of surprises. Developed by Sue Dickson, a former first-grade teacher in Mahwah, New Jersey, it is a total language-arts program, based on the phonics method of teaching reading. The program, evolved over several years, blends the sounding out of letters with bingo-like games, a "race track" that charts students' progress, and catchy songs that reinforce learning. Every participant moves at his own pace through 36 steps, and failure is virtually impossible.



Sue Dickson, a former first-grade teacher from Mahwah, New Jersey, showed that learning about vowels and consonants can be fun, by developing the "Sing, Spell, Read & Write" curriculum used in CBN's "Heads Up" literacy program.

The Illiteracy Crisis

The advocates of "Sing, Spell" point to U.S. illiteracy statistics as proof that current approaches to teaching reading aren't working. One study indicates that some 27 million Americans are functionally illiterate—they can't read a newspaper, write a check, or fill out a job application. About three-fourths of the country's jobless population is illiterate, and those nonreaders lucky enough to find work can expect to earn only 58 percent of what literate employees make. Industry spends about $40 million a year on remedial education to upgrade reading and writing skills. Perhaps most frightening, the outlook for the future doesn't appear very bright.

"When the best-selling book *Why Johnny Can't Read* rolled off the press in the early '50s, illiteracy was exposed for the first time as a national scandal," comments Pat Robertson, president of the Christian Broadcasting Network. "Parents were outraged; educators, embarrassed and indignant. However, after the initial heated dialogue, anger turned to frustration, then resignation. The national debate shifted, and the scandal quietly became a tragedy. Today, almost 35 years later, Johnny still can't read, and neither can 27 million other Americans. And their ranks are swelling by 2.3 million every year."

All the elements were in place for CBN to get involved. Robertson's ministry was committed to reaching the root causes of poverty; CBN's "Heads Up" educational service was ready to implement a learning program; $1 million in funds were available for the kickoff; and the creator of "Sing, Spell, Read & Write" was as close as a quick walk across CBN's

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The kids first learn about colors and shapes, matching opposites, and the sounds of letters. They are not taught to write the letters until later, because most lack good muscle coordination, and the pressure to perform can be harmful.

sprawling Virginia Beach, Virginia, campus: "Sue Dickson had come to CBN to develop a reading program that would teach children to read on television. The plan had never come to fruition, but Sue was still here," Linda Neithammer explains. "Everything merged so beautifully; it's been extremely effective."

Five cities—New York, Detroit, Chicago, Houston, and the Watts area of Los Angeles—were initially identified as tough proving grounds for the "Heads Up" effort. Not only were they major urban centers, but they also had some of the highest illiteracy rates in the country.

"The first thing we do when we enter a city is identify a church that will act as host," Neithammer says. "It can be any denomination, but it's usually in the inner city, and it's usually black, strong, and well attended. We look for a pastor who is a leader in the community and who understands that illiteracy is a serious problem. Our approach is that we're there to assist them. We're coming to lend a hand and enhance what's happening in the area. We never try to dictate how it's to be done."

Invitations to a kickoff presentation are sent to educators, ministers, and other leaders of the city. Pat Robertson or Ben Kinchlow (the co-host of CBN's "700 Club") personally introduces and endorses the "Heads Up" program to the community to boost interest and attendance.

Built-in Success

Seeing is believing, though, and watching five- and six-year-old youngsters zip through alphabet games, sing about short vowels, and proudly read from colorful storybooks is the best motivator of all. The "Heads Up" staff knows this; it sends a field representative to the host church before the public presentation to train local children in the first phases of reading.

"There's built-in success in this program," says Fahey McCann, the field rep who drew the Chicago training assignment. "In the beginning we teach the kids about color, shapes, matching opposites, and the sounds of the letters. Short vowels come first because 62 percent of English is made up of short vowels and short-vowel-consonant combinations. We don't teach them to write their letters yet, because at their ages a lot of children don't have good muscle coordination, and we don't want to put pressure on them."

In addition to introducing the program to local youngsters, the field representative trains adults in how to teach the "Sing, Spell" way. These leaders will continue the program after the field reps leave for new assignments. Teachers need no special education or degrees beyond a three-hour workshop that gives an overview of how the program works. The skills they learn are put on display during the introductory presentation to the community.

"We actually have a demonstration of how 'Sing, Spell, Read & Write' works," Neithammer says. "There's no charge for the workshops, and we hold as many as necessary to reach all the initial responses. People come as a result of the actual call to arms that Pat puts out at the presentation. 'Come and get involved; sign up today,' he says. Our field rep stays on as long as necessary."

The reading program works well as a supplement to whatever curriculum is in place in the city. It can be offered daily, taught weekly, or integrated into a summer-school format. No traditional testing is included, no homework is required, and parental involvement is not necessary. Although community churches and church-sponsored schools have been particularly receptive to the program, the content of the lessons (not Christian related) is equally at home in a public-school setting.

"This is not purchased as a primary reading tool," Neithammer explains. "It's supplementary to whatever has been adopted by the school

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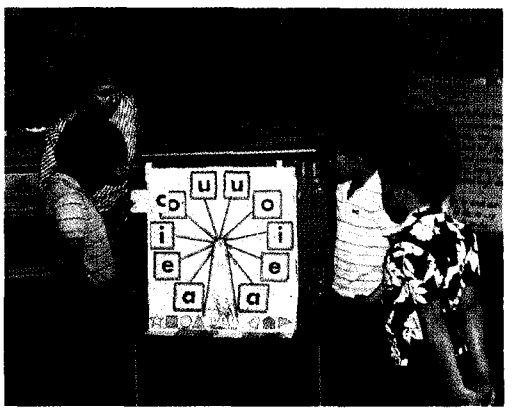

The "Heads Up" program seems to have built-in success. Five- and six-year-olds zip through alphabet games, sing about short vowels, and read from storybooks.

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ETIQUETTE: FROM SOUP TO NUTS

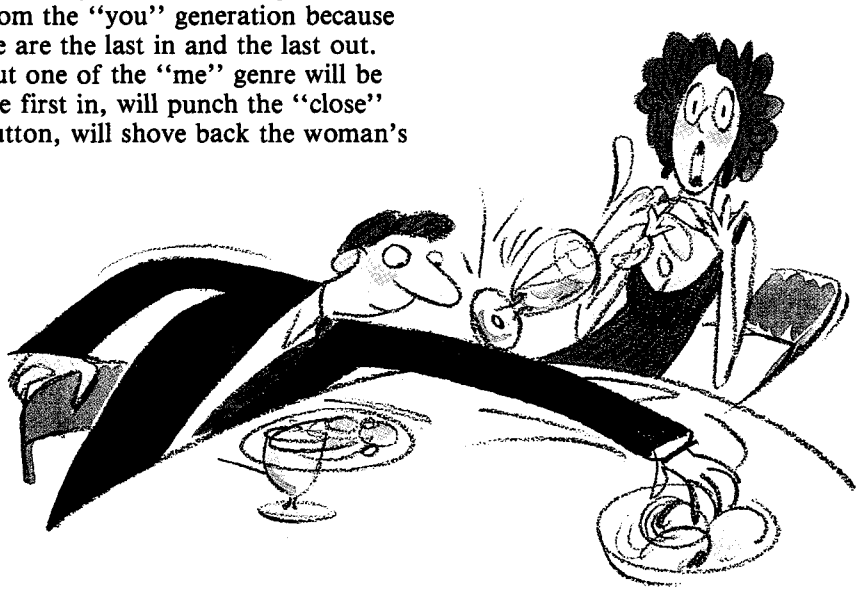
Help, at last, for the formal diner who handles a fork as if he's spearing frogs and winds up the meal drinking from the finger bowl.

by Maynard Good Stoddard

Illustrated by Don Trawin

Yesterday, as I left the Owen County State Bank, I gallantly held the door for the woman behind me. Then I turned it over to a young man, who promptly let go of the door and knocked the old lady behind him halfway back to the loan department.

It happens in elevators, too. You can always tell one of us gentlemen from the "you" generation because we are the last in and the last out. But one of the "me" genre will be the first in, will punch the "close" button, will shove back the woman's head that's keeping the doors from shutting, and will be *numero uno* out when the elevator stops at his floor.



Often the water you spill will cascade into the cleavage of the woman next to you.

I *know* the rules have changed. But even in this enlightened era of equal rights, a man doesn't have the right to knock an old lady into the loan department.

Situations also arise, of course, for which no rules of etiquette have been established. You may remember the dinner party where the young man noticed that his pants were unzipped and that what he thought was his shirttail was sticking out. (Actually it was the corner of the tablecloth.) After he had surreptitiously stuffed the excess material in and zipped himself up as best he could, his girlfriend said she wanted to dance. In leaping to his feet to help her with her chair, he pulled the tablecloth, the dishes, and everything else onto the floor. It was said that he raced from the room, with the tablecloth dragging behind him, and was never seen again.

Closer to home, no rule of etiquette could have salvaged my mother the time dad brought home a surprise guest for dinner, soon after their marriage. Taking dad aside, mom explained that she had only one piece of pie and that he should decline the dessert invitation. But after the guest declined, dad saw no reason to do likewise. Then the guest saw the pie and said, "That looks pretty good. I believe I'll have a piece, after all." Mother went back into the pantry, climbed out the window, and was never seen again. We four kids were made in Taiwan.

Trying to pop a spoon into a water glass.

Our purpose here is not to come up with a way out of such situations. For what will it profit a young man to be schooled in the refinement of handling a tablecloth caught in his fly when his table manners never got beyond the don't-scratch-your-head-with-your-fork stage? Instead, we will stick to the very basic of basics—the formal dinner party.

Rule No. 1: Be prompt in calling for your date. If the established time is 8:00 p.m., don't arrive at 8:05. That would give the baby a mere 55 minutes to drool on your lapel and the dog a like time to mistake your leg for a fire hydrant before your date emerges in all her glory.

Once you arrive at the spread, remember that dinner parties and wakes have little in common. You were not invited because the hostess thought you were suffering from kwashiorkor. You are there to be entertaining—without the aid of a whoopee cushion. And without stuffing the tablecloth into your fly.

Unlike meals at Joe's Hot Dog Heaven, formal dinners are eaten sitting down. Tradition thus calls for you to help the lady on your

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right to be seated. If she is already seated by the time you locate your place card (which, traditionally, you will find stuck to the bottom of the hard-roll basket), don't, for heaven's sake, ask her to stand up. Should she still be standing, how you push the chair up to her is all-important. Too slow, and she could miss altogether. Too fast, and the chair will catch her at the knee joints, and under the table she'll go.

Once seated, a young man at a loss for words will too often fill the hiatus by propping a spoon against a knife handle and trying to flip it into his water glass. This just isn't done. (I managed to do it once, but it takes a lot of practice.) If nothing else comes to mind, you can always start the conversation, if appropriate, by asking the woman why she has such weak knee joints. Counterclockwise, if she didn't go under the table and you compliment her on her well-developed knee joints, this line of conversation could lead to anything from Jane Fonda's exercise book to the training manual of the U.S. Marine Corps. Or even to complete silence.

Whichever way it goes, seize the opportunity to survey the flatware (a.k.a. silverware) floor plan, or table plan, if you prefer. Some of it may be on the floor soon enough.

Rules have changed some since my dad's era, of course. His only advice to me on the subject was, "If you are ever at a table where you have a choice of cutlery, take the one closest to you and put the others in your pocket." Today, when you're faced with a battery of eating utensils, propriety calls for beginning with the outside piece and working in—salad fork, fish fork, meat fork, and so on. Should you make a mistake, there are ways of covering it up. I've always had good luck twirling my napkin into the shape of a doll.

Waving your fork around like a pennant.

I nearly forgot about the napkin. You already know better than to tie it around your neck, to stuff it in your shirt, or to stick it under your belt. It is to be laid, instead, across your lap. The trouble is, the napkin isn't made that will stay there. But don't chase it. Too often a waiter, thinking you have left, will take away your chair, and you'll be under the table for the duration. If you are lucky, you can sometimes retrieve the napkin by getting it between your feet, then spraddling your knees until it comes within reach. If nothing else, the raised eyebrows, or hackles, to your right and your left will provide another opportunity to discuss aerobic exercises or the training manual of the U.S. Marine Corps.

With arms akimbo, taking on the appearance of a flying buttress.

Unlike the way soup comes in Shoney's restaurants, soup at a dinner party will come to you already dished up. How to attack it becomes your only problem. Don't go at it as if you were digging for clams. The preferred technique is more like making a wedge shot out of a sand trap: The spoon is filled, in other words, by moving it away from you. Whether you sip from the side or from the front of the spoon is not important, as long as the resulting noise doesn't sound like the last gallon of water draining from the bathtub. When you reach the level where you think the dish should be tipped, tip it away from you—should there be enough left that it sloshes overboard, better that it be absorbed by a hard roll on your bread plate than by the Dacron and wool of your blue serge suit.

The meat course is a horse of a different color. You have to choose between holding the fork tines up or down. This will depend upon whether, should you suddenly be startled by soup soaking through to your shorts because you have ignored my suggestions, you prefer to be jabbed in the chin or in the upper lip. Regardless, the fork is held in the right hand, never in the left. Should you happen to be a southpaw—tough (which often goes for the meat as well.)

The question is often raised: Is it proper to spear vegetables on the fork along with the meat? The answer is yes, provided you don't have to chase them all over hell's half-acre. Also, keep in mind the seating capacity of your mouth. Standing room only at a Michigan-Ohio State game is one thing; waving your fork around like a pennant while unloading your mouth is quite another.

Remember that your right elbow has certain territorial limits. With arms akimbo, you not only take on the appearance of a flying buttress, but an old Burma-Shave adage, "Don't stick your elbow out too far/Or it will go home in another car," also applies. In this case, if your piece of resistance is resistant to the point of defying cutlery, you risk a tort suit for cracking your neighbor's ribs. And who knows what a jury would award the victim of such an incident?

Above all, never change your fork to your left hand when reaching, say, for your water glass. If your

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THE ITCH THAT WAS CANCER

An unusual urge to buy magazines; selecting several at random from a display of some 400; opening the Post one night to an article that saved his life—was it more than happenstance?

by Cory SerVaas, M.D.

The letter to the *Post* began: "I would like to express my grateful appreciation for the article you recently ran on malignant melanomas in 'Medical Mailbox,' August/September, '74."

The letter ended: "If I had not read your article, I'm quite sure I would have ignored the mole for at least another year (until my next checkup), or until it started giving me some discomfort.

"I thought you might be interested in knowing what a profound effect your magazine has on its readers, even to the point of saving or prolonging lives."

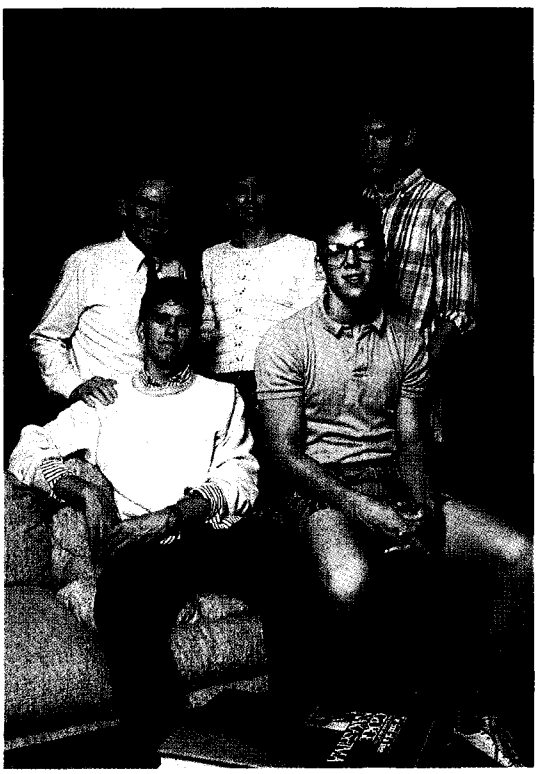
In preparing a segment of "LifeCare Digest" on melanoma for CBN's "700 Club," I remembered the letter and decided to call the writer, Gerald W. Malky, of Oakmont, Pennsylvania, to get the story in detail. I found Mr. Malky not only very much alive but also quite willing to talk about his successful bout with this stealthy form of cancer.

Post: How did you first become aware of your melanoma?

Malky: It happened in 1974. Standing in front of the mirror shaving one morning, I suddenly had an itch on my side. Looking down, all I could see was a tiny mole. I didn't pay much attention to it, but I do remember thinking I'd have my doctor take a look at it on my regular checkup.

Post: How long an interval would that have been?

Malky: Only a couple of weeks. However, the doctor and I got to talking about vacations and such—we are good friends—and I forgot to mention the mole. Not long after that, my wife and I took our vacation at a beach in Delaware. And a strange series of circumstances began.



Gerald and Arlene Malky's children were 7, 6, and 4 years old when Gerald was diagnosed with an early malignant melanoma. Today, Brett, Derek, and Brock (left to right) are thankful their father wasn't a cancer fatality statistic 12 years ago.

For one thing, the heat of the sun felt as though weights were pressing against me. So I spent most of the time sitting on the porch, shopping, and staying out of the sun as much as possible. And then I had this unusual desire to buy some magazines—something I hardly ever do. Throughout the week this feeling became more and more intense. Finally, on Thursday, I could no longer resist. I went to a drugstore and, out of perhaps 400 or 500 on display, chose 5 or 6 at random. But I didn't read them right away; I just threw them on the coffee table at the cottage where we were staying.

Post: According to your letter, you began reading them under unusual circumstances.

Malky: Yes, it was truly a singular phenomenon. I awoke at about 2 a.m. one night and couldn't get back to sleep. It is very dark at the beach, with only a few streetlights. Still—call it supernatural or what you will—there was a glow so bright that I could see objects clearly on the dresser across the room. While it struck me as strange, I put it out of my mind and tried to go back to sleep. But after turning and tossing for half an hour, I gave up and went downstairs to read some of the magazines.

Post: Do you remember what they were?

Malky: One of them I certainly will never forget. After shuffling through the pile, for some reason I picked up *The Saturday Evening Post.*

Post: An excellent choice.

Malky: I agree. But again—I now believe by divine providence—the magazine fell open to the medical articles. First of all, I never read medical articles in magazines. Whenever I would read magazines in doctors' offices, I would begin to experience symptoms of the disease I was reading about. Thus, it was a policy of mine to avoid this type of material. Another odd thing—the medical article was not near the center of the magazine where it normally would open. Maybe that is why I began to read it. It was about malignant melanoma.

Post: And did that ring a bell?

Malky: Not at first. As I went through the profile of someone likely to get the disease, I wasn't making the connection that the description fit me: Melanoma predominantly occurs on the back or the trunk of men, aged

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30 to 50, with blond or red hair. Then my eyes fell on the picture of the melanoma. It looked familiar. So I went into the bathroom to compare it with the mole on my back. It was almost as though you could have taken my mole and pasted it on the page.

Post: And you were frightened?

Malky: I was scared to death. All kinds of thoughts went through my mind: Should I wake my wife? Should I see a doctor immediately? We were leaving the next day, so I decided to wait and see our family physician when we got home.

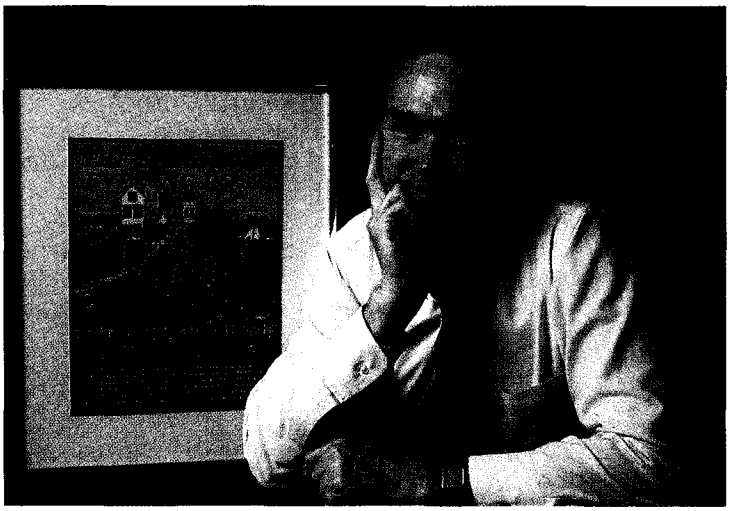
Post: What was his reaction?

Malky: After the examination, I asked the nurse what was going to happen. She told me they were going to remove the mole—something about using one of those electric pencils.

Post: Oh?

Malky: I still had the article in my pocket, luckily, because it said that no one should be treated in this manner until a biopsy had ruled out melanoma; otherwise, the cancer could be spread needlessly.

Post: And then?



Gerald W.Malky, president of a Pittsburgh engineering design firm, discovered a mole on his back that matched a malignant melanoma illustrated in a "Medical Mailbox" article in *The Saturday Evening Post*. He keeps the 1974 copy framed in his family room and tells anybody who will listen about the miracle of circumstances that led to his reading the lifesaving article.

Malky: When the doctor came into the room, I insisted he not remove the mole with an electric pencil, because I felt it was a melanoma. He became incensed and told me that in his office, he did the diagnosing.

Post: And did you give in?

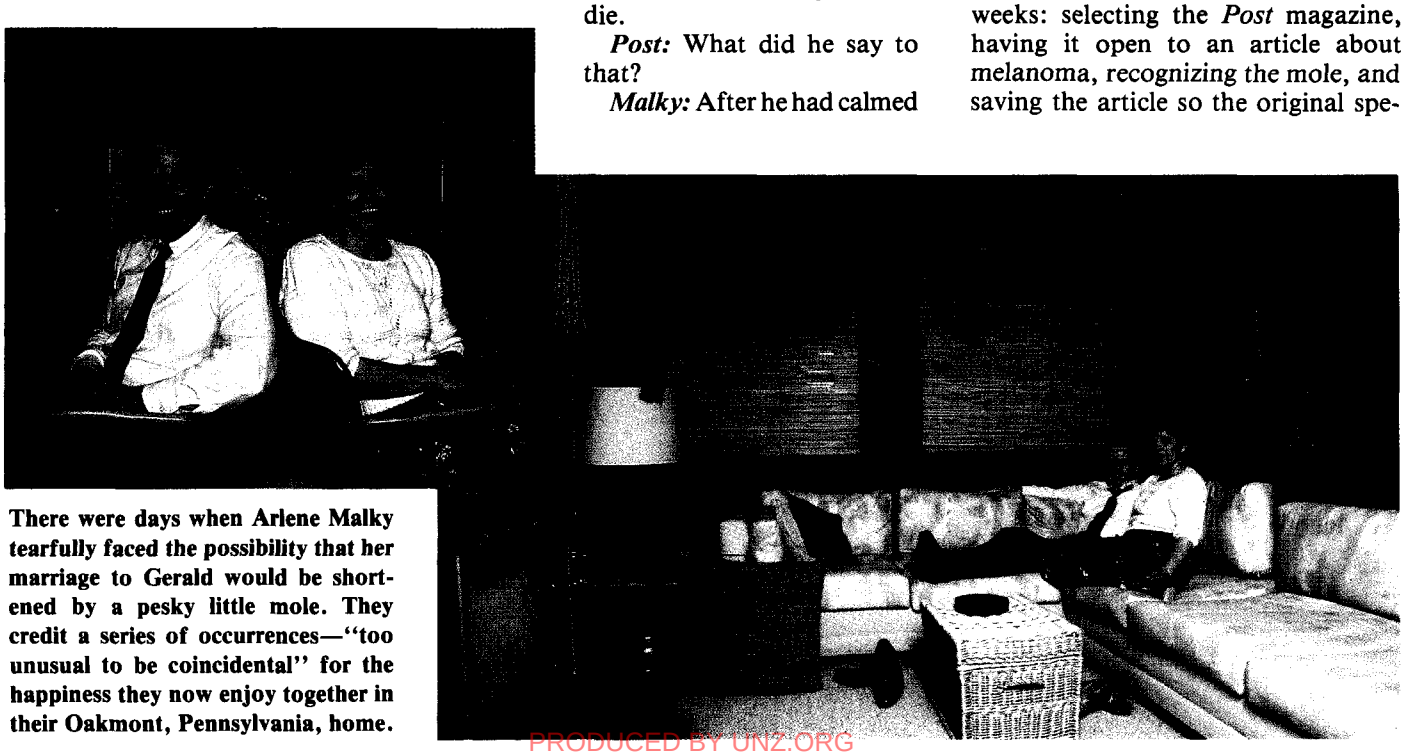
Malky: No way. I showed him the article and pointed out that I fit the profile and that the mole was in the proper place for a melanoma. I told him I was concerned because it also said if you do this procedure to the melanoma, I will probably die.

Post: What did he say to that?

Malky: After he had calmed down, he looked at the mole through a magnifying glass, then called the plastic surgeon. But he still hadn't told me whether or not I had a melanoma. Well, the plastic surgeon began to talk to me as if I were a medical man and referred to me as the person who diagnosed his own disease—just because I had read one article. Nevertheless, he laid out the possibilities: The mole obviously would have to be surgically removed. If it was malignant, my lymph nodes would also have to be removed. If cancer was found in the nodes, the next step would be chemotherapy.

The surgery was scheduled for Monday. On Sunday, I finally told my wife what was going on. After a lot of weeping and wailing on both our parts, I checked into a hospital. The first day, the doctors performed a biopsy on me. The mole and a large area around it were removed on the following day.

After my discharge from the hospital, it was amazing how great everything looked. Even stop signs looked beautiful. I was very much at peace with myself. But I still had trouble believing the events of the past few weeks: selecting the *Post* magazine, having it open to an article about melanoma, recognizing the mole, and saving the article so the original spe-



There were days when Arlene Malky tearfully faced the possibility that her marriage to Gerald would be shortened by a pesky little mole. They credit a series of occurrences—"too unusual to be coincidental" for the happiness they now enjoy together in their Oakmont, Pennsylvania, home.

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cialist did not use the electric method to remove it. I seemed to have somebody looking out for me.

Post: You believe it was more than coincidence, then?

Malky: I'm sure of it. If I hadn't believed it before, a trip my wife and I made between surgeries convinced me and made a big impact on how I view the world. We were out driving one day when the driver suddenly asked if we would like to see the Pope's summer villa, which was nearby. Even though I'm a Catholic, it seemed a boring idea to me. However, the other people we were with wanted to see it, so we went.

I was standing in the garden, just looking around, when the Pope came to the window and looked down at us. The pontiff and I made eye contact. I thought I would just drop through the cement. I mean, a feeling came over me that I can't describe. I was soaked with sweat. When we left, the others began asking what was wrong with me. I guess I looked a little sick. There's just no way to explain how that affected me.

Post: Did you believe then that everything would be all right?

Malky: Truthfully, I had made up my mind by now that I was going to

Avoiding Malignant Melanomas

I have had a particular interest in melanomas since I lost a good friend to this insidious form of cancer. Like his parents, he might have lived into his 80s; instead, he died in his 50s.

My friend, like Gerald Malky, was a perfect candidate for melanoma—fair, reddish hair, and of Scandinavian descent. "He never thought he'd 'been' to Florida unless he came home with a suntan," his wife told me after his death.

Recent medical literature has pointed out that severe sunburns at an early age seem to cause melanomas. So I asked Gerald Malky if he had been sunburned as a youngster. "Had I!" he exclaimed. "My back would be just one big blister! Not once but many times I was traumatically sunburned."

Mary Durke also recalled being sunburned. She explained that she grew up near Lake Michigan and explained that she spent much of her childhood out-of-doors and near the water. Twice in her early 20s she was severely burned after she stayed out all day on the dunes with friends; she became extremely ill with cold-chills and bad blisters.

Readers responsible for youngsters should take heed. If a child has a tendency to burn, protect him with plenty of sun screen and protective clothing.

Concern for prevention is justified. The incidence of melanoma in the United States is increasing. Twenty-two thousand new cases this year and 5,500 deaths are predicted. Fair-skinned persons are most vulnerable, but even blacks develop melanomas. The risk is higher where sunshine is intense year-round. Arizona has the highest incidence of melanomas.

Moles that typically run in families may serve as markers for persons likely to develop melanomas. Some clues to distinguish ordinary moles from malignant melanomas:

*One half doesn't match the other.

*The edges are ragged, notched, or blurred.

*The pigmentation is not uniform, with shades of tan, brown, and black present.

*Any mole on the hands, feet, or genitals is suspect.

*A sudden or continuing increase in size takes place.

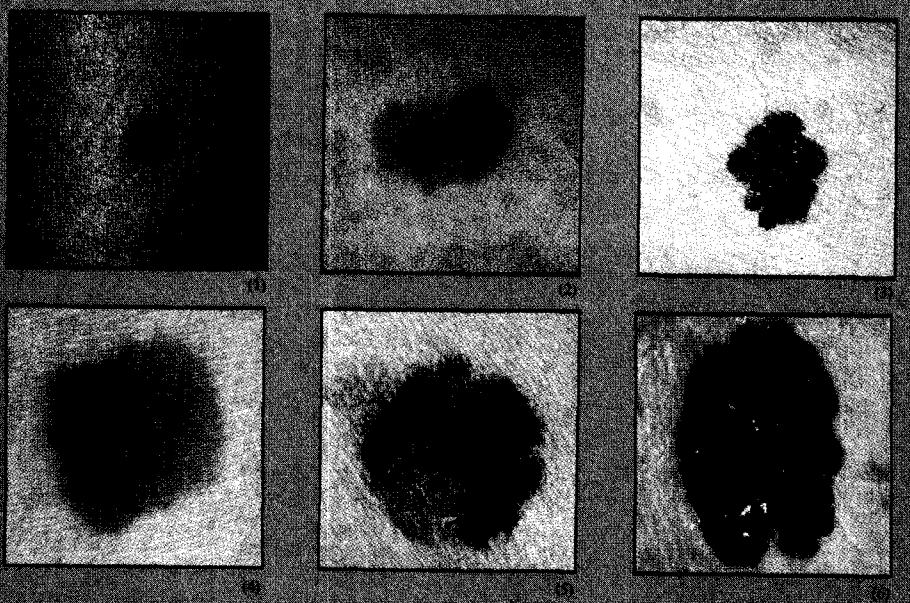
*Flat, black moles.

*Moles that bleed or form open sores.

In addition, any change in the surface of a mole, the spread of pigment from the border into the surrounding skin, a change in sensation, or redness or swelling beyond the border should be reported to your physician.

Melanomas may appear on the back, the legs, the arms, the face, or on any other area frequently exposed to the sun. These areas should be protected.

Covering up with a wide-brimmed hat and a bandana, a long-sleeved shirt, and pants will help cut down on sun exposure. Sun screens with a



A normal mole (1) is an evenly colored brown, tan, or black spot either flat or raised. It may be round or oval and will have sharply defined borders. A malignant mole, on the other hand, will be asymmetrical (2), with irregular or blurred borders (3), and mottled shades (4). It may increase suddenly in size (5) and become scaly, or it will ooze or bleed (6).

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die. I had read the article and I realized how deadly melanoma was. The trip to Italy would probably be it for me. The doctors had not given me much cause to be optimistic. I can remember sitting in the conference room and my wife asking what were my chances of survival. The doctors were saying less than 60 percent. She asked what would happen, and they told her how unpredictable cancer was. Although I thought I was going to die, I had a positive attitude. I never asked, "Why me, Lord?" I just decided to accept what happened and make the best of it. I went back into the hospital for surgery on my lymph glands. The results took three days. When the doctor finally entered my room carrying a clipboard and showed me the results of my tests, which were negative, I can never remember being so happy in my life. From my hospital bed, I decided to write that letter to the editor of the magazine, thanking you for the article. Without it, I would not have followed up on the mole for a lot longer period of time. After all, the only "symptom" had been a slight itch that morning while shaving. If I hadn't read the article, God knows what would have happened. I probably would be dead by now. ★

Sun Protective Factor (SPF) of 15 or higher, applied an hour before venturing out and again after perspiring or swimming, are advisable. Avoid indoor tanning lamps, tanning parlors, or tanning pills, and try to stay out of direct sunlight—especially between 11 a.m. and 2 p.m., when the sun's rays are the strongest.

Examine your skin monthly so you recognize any suspicious changes. The best time to do an exam is after a bath or a shower. Use a full-length and a hand mirror so you can check any moles, blemishes, or birthmarks from the top of your head to your toes. Note anything new—a change in size, shape, or color, or a sore that does not heal.

* Examine your body, front and back, in the mirror; then examine the right and left sides, with your arms raised.

* Bend your elbows and look carefully at your forearms, your upper underarms, and your palms.

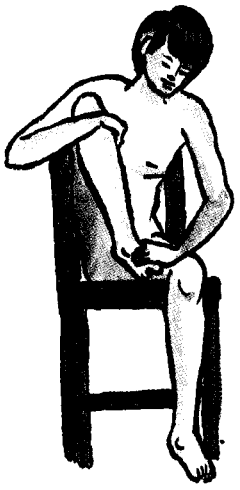
* Sit in a comfortable position, to look at the backs of your legs and the bottoms of your feet, including the soles and the spaces between your toes.

* Examine the back of your neck and your scalp with the help of a hand mirror; part your hair (or use a blow dryer) to lift it and give you a closer look.

Because of the possibility of malignant melanomas, all suspect moles should be biopsied—never cauterized or removed by scalpel without biopsy. If treated early, 90 percent of malignant melanomas can be cured. If treatment is not begun until after metastasis (spreading), the five-year survival rate drops to less than 10 percent. Early treatment is imperative.

YOUR SKIN SELF-EXAM

To catch malignant melanomas early, spot-check your skin at least once a month. The best time is after a bath or shower.



It may help to sit while examining the backs of the legs, between the toes, and the soles of the feet, all places melanomas can occur.

To check the back of the neck and scalp, use a hand mirror. Part the hair, or use a blow dryer to lift it up for a closer look. Examine the front and the back of your body, then raise your arms and check the sides. Bend your elbows and inspect your forearms, your palms, and your underarms.

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LIFE AFTER MELANOMA

After the physical part of conquering cancer was over, the emotional part remained—and proved even more difficult.

by Mary Durkee

I had been back at work from maternity leave for a month, and things were really starting to fall into place when I was told I had cancer. That sunny autumn Tuesday marked the end of my naïveté and the beginning of the most difficult and important challenge I have ever faced.

One day I noticed that a flat, brown mole on my back had become slightly raised and red. Because it was during my pregnancy, I assumed this was just another "pregnancy thing." After all, my whole body had gone berserk with brown spots and lines.

Mary Durkee-Lawrence, her husband, Tim, and their daughter, Megan, live in East Lansing, Michigan.

When my new baby, Megan, was four months old, I scheduled a routine exam for her and decided to have the mole checked, too. It never occurred to me that it was cancer; I just remembered from watching television shows and from reading magazine articles that "an obvious change in a wart or mole" should be checked.

The doctor did not seem terribly concerned. To be on the safe side and for cosmetic reasons, she said, the mole should be removed. Afterward, neither of us gave it a thought.

When the pathology report came back, my doctor was shocked. I will always be grateful to her for deciding to remove that little mole. She literally saved my life, for I found out as I became an "expert" on skin cancer that melanoma can travel to the lymph nodes and spread to any part of the body. Once it spreads, it is incurable in most cases. All this from a mole smaller than a pencil eraser!

My husband, Tim, received the call about the pathology report and came to my office to tell me. My initial reaction was: "Well, it's 'only' skin cancer." I was frightened, but I wasn't terrified—yet. On the way to the surgeon's office, just two hours later, I read the biopsy report: "Malignant melanoma. . . Clark's level III. . . ." I didn't know what that meant, but somehow I knew Clark's level III wasn't good.

I was numb with terror. How could I have this hideous, deadly tumor in my back? Could it be that at 32, healthy and happy, and with a new child, a young marriage, and a wonderful job, I might die from a little red mole? I could not grasp it. I felt helpless and out of control. I heard myself making bizarre but funny jokes about death while the doctor's assistant scheduled me for an immediate liver scan, a chest X-ray, blood tests, and surgery. It was all the relief I could muster.

When I got home, I cried, pounded my fists into the couch, and screamed over and over, "I don't want cancer!" I called two close friends. One joked in response to my apparent light-heartedness. The other told me immediately that cancer doesn't mean death. She said she had a feeling I would be O.K. I needed that. She also assured me that Tim and Megan would be all right if I were to die. I had to know that too.

When my family doctor called, I asked her exactly what we were dealing with.

"At its worst, are we talking about death here?"

"Mary, we're talking *real* sick."

"Can I beat this thing? Can I win?"

Her voice cracked. "Yes."

She sounded scared and worried, but I felt she had faith in me, and that was what I needed most from her. I felt I could handle my treatment—no matter how painful—as long as I would live.

I did not yet comprehend how lethal melanoma can be. I was not ready to hear it: I needed her and every other health professional I ran into, from medical-office staff to lab technicians to physicians, to tell me I could beat it.

I bought *When Bad Things Happen to Good People* and started reading it in the lab waiting rooms. I started using imagery and imagining that the cancer cells were contained in a wooden picket fence. Tim and I kept saying to each other that it would be O.K., that we caught it in time, and that the pathology report was probably conservative because that's how labs operate. We decided we might as well be positive, because being negative wouldn't make the outcome hurt less.

The initial tests were to determine if the melanoma had spread. The surgeon was wonderful about getting the results to me quickly, which was *very* helpful. They came back negative. I sobbed with relief; I had made it over the first hurdle.

Then there was the surgery. The mole was on my upper back, behind the right shoulder. The procedure, done under local anesthesia, was to remove a large oval of skin around the infected area, to remove any cancer cells that might have begun traveling. The incision, about four or five inches long, was as deep as the lowest level of skin. The surgeon did such an

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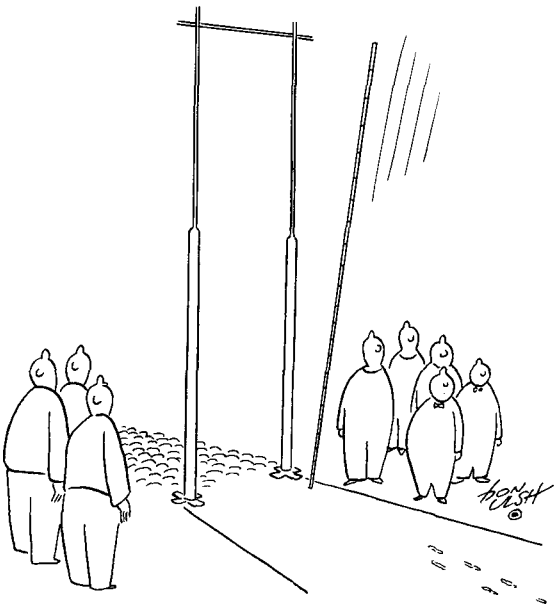
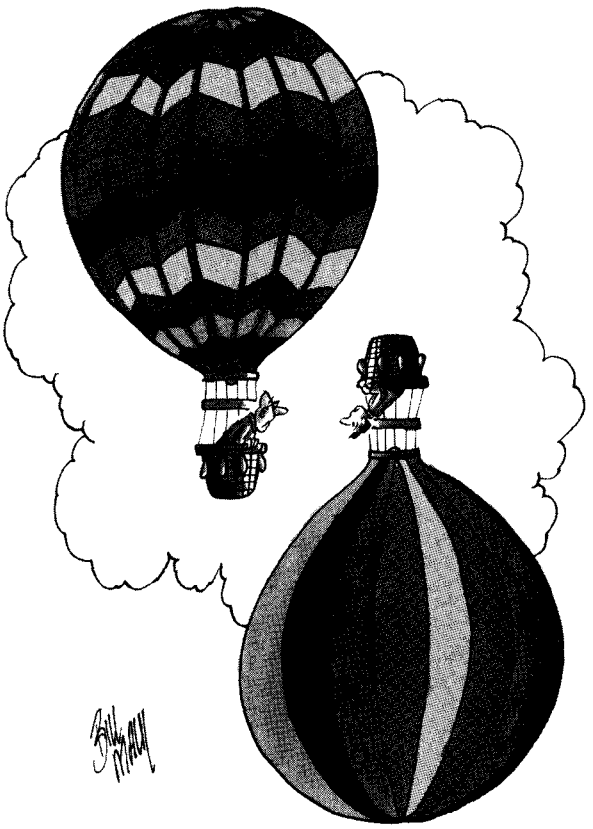
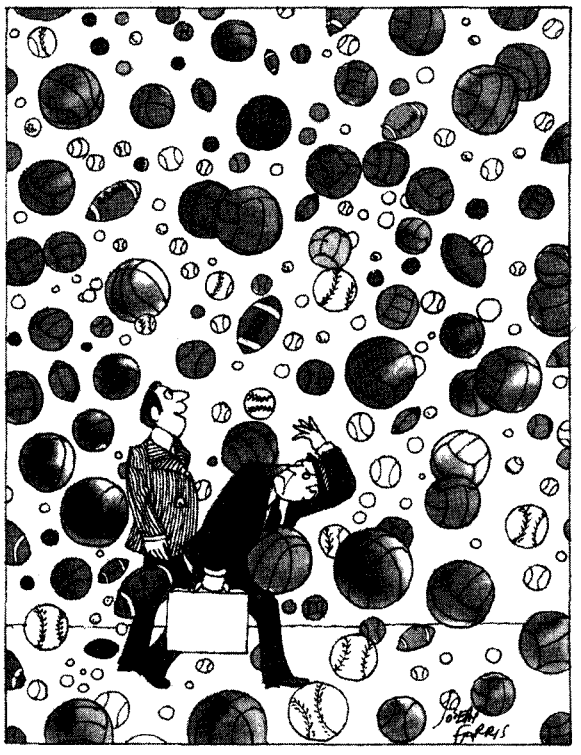
WILD WORLD OF SPORTS



"These tee-off times are getting ridiculous."





"I think it's terrific, but then I'm a sports fan."

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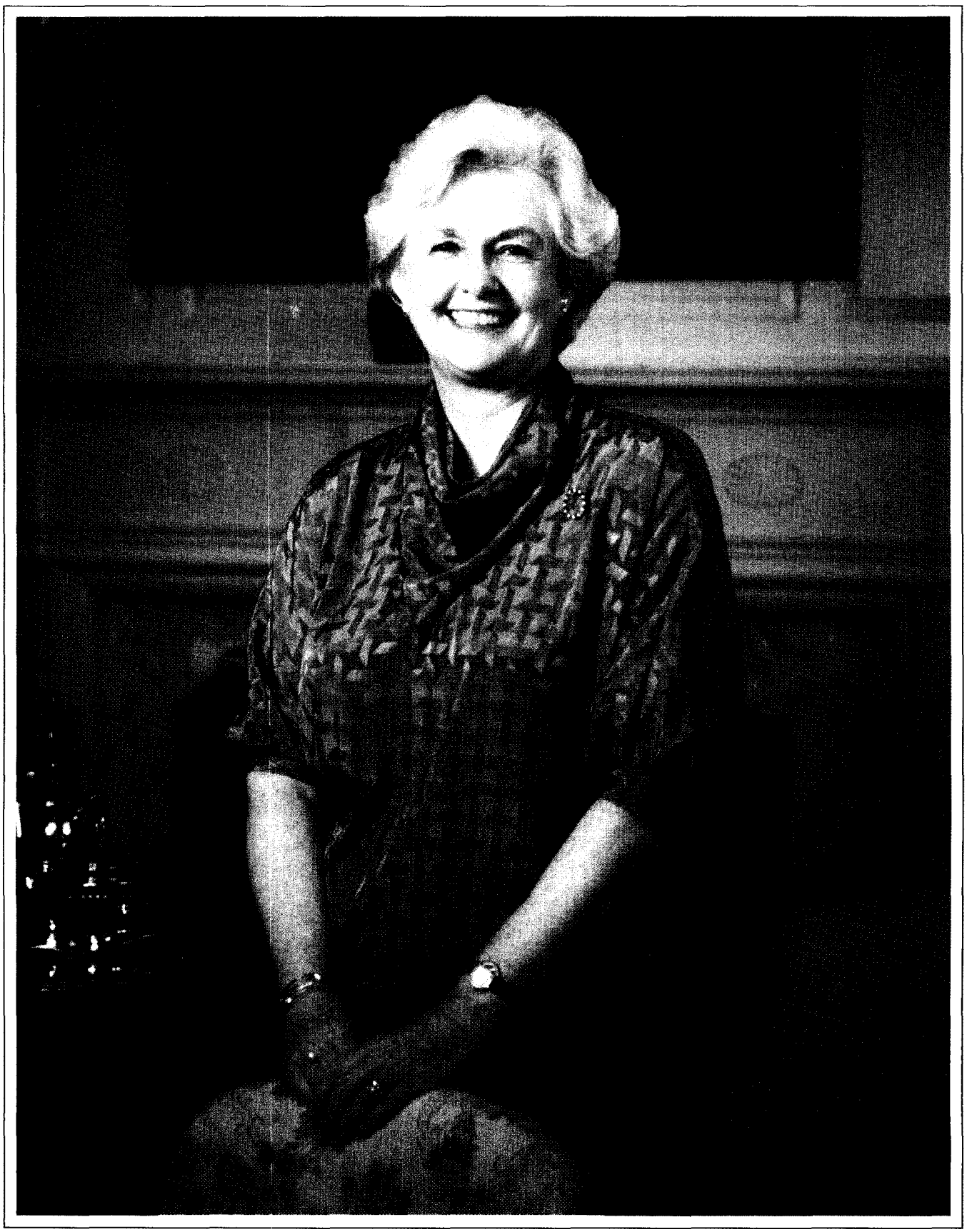

When Dede Robertson was elected the 1986 "Christian Woman of the Year," her supporters pointed out that her caring for others began at Yale, where she earned a master's degree in nursing while beginning the Robertson family, today composed of four children and four grandchildren. The young mother bravely supported her husband's decision to minister and live in one of Brooklyn's poorest inner-city ghettos.

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FIRST LADY OF CBN

"Christian Woman of the Year" Dede Robertson earned a master's of nursing degree from Yale, taught nursing at Tidewater Community College in Virginia, and served as president of the Christian Business and Professional Women's Club of Tidewater.

by Holly G. Miller

When Dede Elmer met her future husband at a collegiate get-acquainted mixer, no fireworks ignited—only her hair. Playing hostess and arranging goodies, she was busying herself at the refreshment table at the time. Trying to avoid the enthusiastic advances of an admirer shorter than she ("I'm *not* a little person," she acknowledges), she bent too close to the candles. That was when she noticed the burning smell.

"Before I even realized my hair was on fire, a tall man with bushy eyebrows was putting it out," she recalls more than 35 years later. "I think that's probably what attracted me to him. From that point on, I knew my life would never be dull."

She was right.

As Mrs. Pat Robertson, her world has come full circle—the relationship that began on an Ivy League campus in Connecticut continues on a lush campus the Robertsons helped to create in Virginia. But if CBN University is the culmination of their dream, it may not be the culmination of their travels. Robertson supporters across the country are urging one more stop for the twosome—Washington, D.C.

Dede (she pronounces it DeeDee) is aware of the promote-Pat-for-president push; in a tentative way, she shares the enthusiasm. "I'd like to be able to tune it out," she says frankly, "but I feel our nation needs the kind of leadership my husband has to offer. He has a tremendous knowledge of the world situation—in other words, foreign policy. He has a good knowledge of economics. He knows about taxation: He is a tax lawyer, even though he doesn't practice law. I think his greatest strength is his knowledge of people and how they work and how they react. And his compassion for people."

On their first date, Pat neglected to tell Dede that his father was a U.S. senator. They married secretly, not sure either of their families would approve.

An endorsement? Of sorts. That a political bid—even a precampaign test of the waters--would take Pat on the road even more than his duties as president of the Christian Broadcasting Network evokes only her fleeting concern. She accepts it with a shrug. She's used to it, after all. "This is something I've learned to live with, and as a result, I have a lot of inner resources," she says. "I've taught myself to knit, sew, embroider, and upholster furniture.

"Then there's my writing. . .it takes up more time than I thought it would," she adds. Her books in print include *My God Will Supply* (Chosen Books) and *The New You* (Thomas Nelson Publishers), which documents her personal day-to-day fitness plan. In addition, she contributes a monthly column to *Christian Life* magazine, serves as the design decorator for the sprawling CBN complex, and actively fulfills her role as the United States' delegate to the Inter-American Commission of Women, an appointment she accepted five years ago from the U.S. Secretary of State.

The trappings of all her activities pleasantly clutter her third-floor office in the administration center of CBN University; the furnishings reflect her passion for color and her knack for mixing 17th- and 18th-century antiques with well-crafted reproductions. Swatches of bright yellow and blue chintz are fanned over her desk, crewel pictures and collectors' plates dot the walls, and yellow-print chairs serve as catchalls.

Dede could use a secretary for all the correspondence her interests generate, but always a do-it-yourselfer, she sees no need to change. "My main duty here is that I'm design director, and everything—every piece of furniture, every color paint—has to be approved by me," she explains. "It began as a hobby, but then I started studying it seriously. I found that antiques and period reproductions cost less than modern furniture and give you a warmer feeling. We were able to pick up a lot of pieces in England before we moved here, and we'll probably make another trip before we build the new conference center." The decor she chooses is a reflection of herself: elegant yet comfortable, imposing but

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A reign as beauty queen was nipped in the bud when Dede was a finalist for Miss Ohio State. During an interview, she was frightened by a hidden microphone coming through the floor. She froze. "Needless to say, I didn't win!"

Dede keeps her model's form today by watching her diet, playing tennis, and taking long tramps in the countryside.

"I was always Daddy's little girl," Dede recalls. A latecomer to the family, she was totally unexpected. Her parents were both octogenarians when they died.

A back-to-school fashion feature in the Columbus (Ohio) Dispatch *showed Dede Elmer, an Ohio State coed, modeling warm and wooly winter wear. Her campus high jinks included allowing herself to be "kidnapped" from her Tri Delt sorority and carried aloft by classmates to the roof of a fraternity house. Because of her love for fun, her parents were surprised when she announced her serious intention to become a nurse.*

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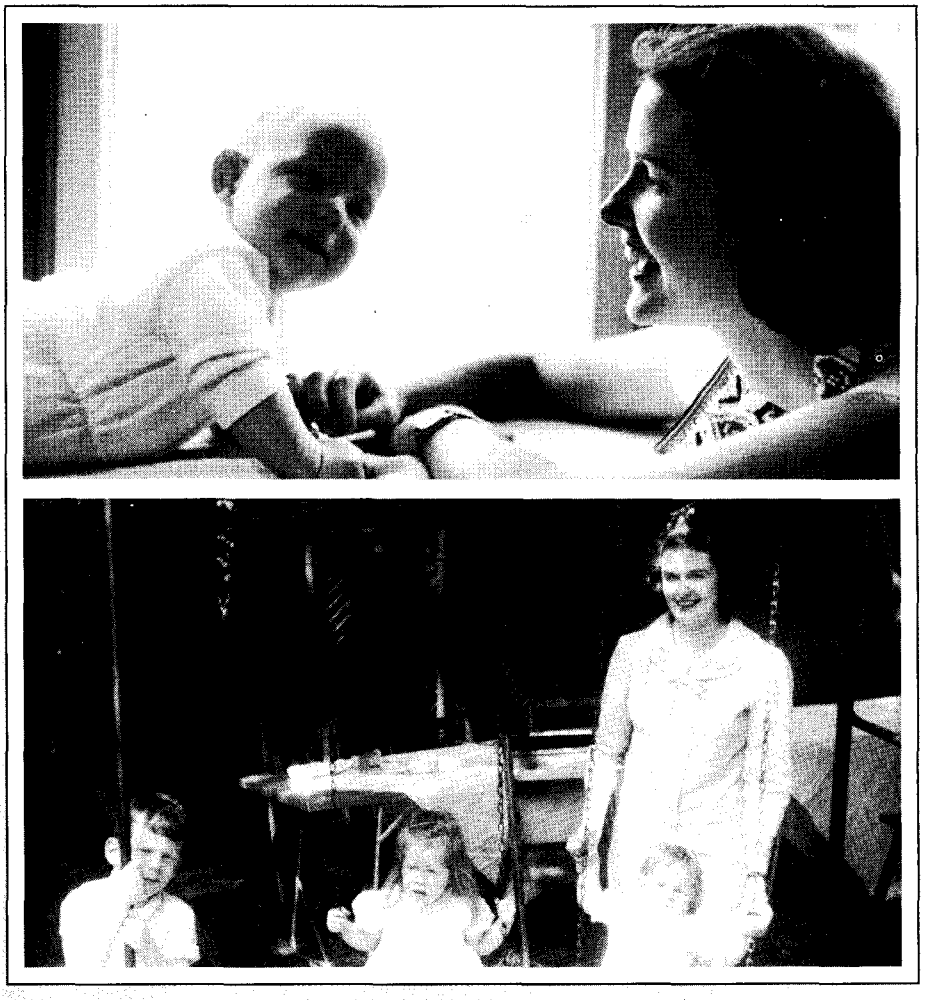
Squeamishness barred the way to Dede's Yale degree in 1955. She recalls battling nausea when first assigned to bedpan duty. "Offer it up," the supervising nun at Saint Francis Hospital suggested.

Even the arrival of Dede's son Tim in 1954 didn't deter her from finishing her medical training. Her experience spanned public-health nursing, pediatrics, and maternal care as well as an assistant professorship.



"We never handed out money for every 'A,' but we tried to appreciate the children's achievements," Dede says. Tim, Gordon, and Ann (not pictured) have stayed close to home. Elizabeth is in Dallas.

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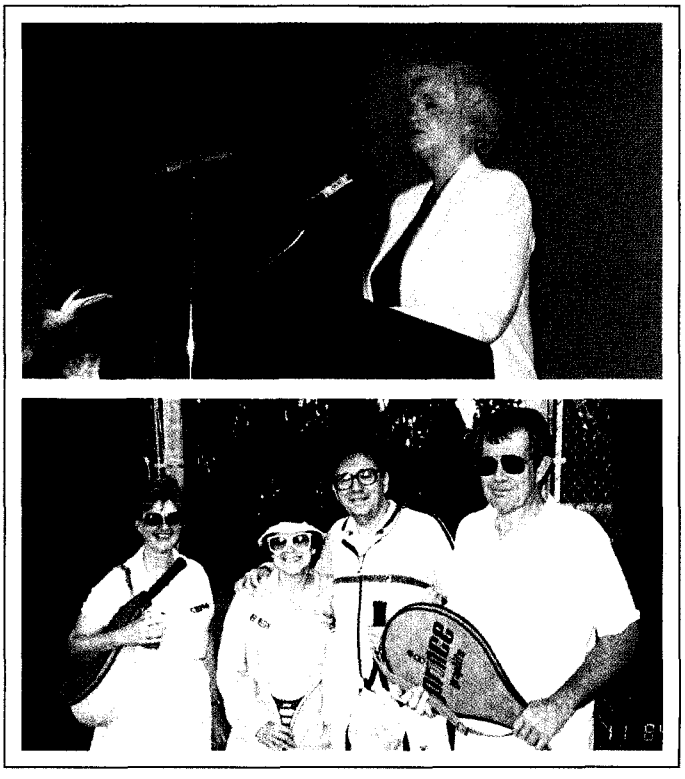
Dede devotes boundless energy to the Inter-American Commission on Women. Sister delegates are from Ecuador, Chile, Jamaica, Barbados, Honduras, and Costa Rica.

Dede takes the podium to urge women to get involved. Then she practices what she preaches: Tennis, anyone? Drs. Cory and Beurt SerVaas and Dede's husband, Pat, are game.



What started as a hobby became a career when CBN needed a design decorator. Dede favors the warmth of Williamsburg but specifies a modern open-office concept for business areas.

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graceful, classic and warm.

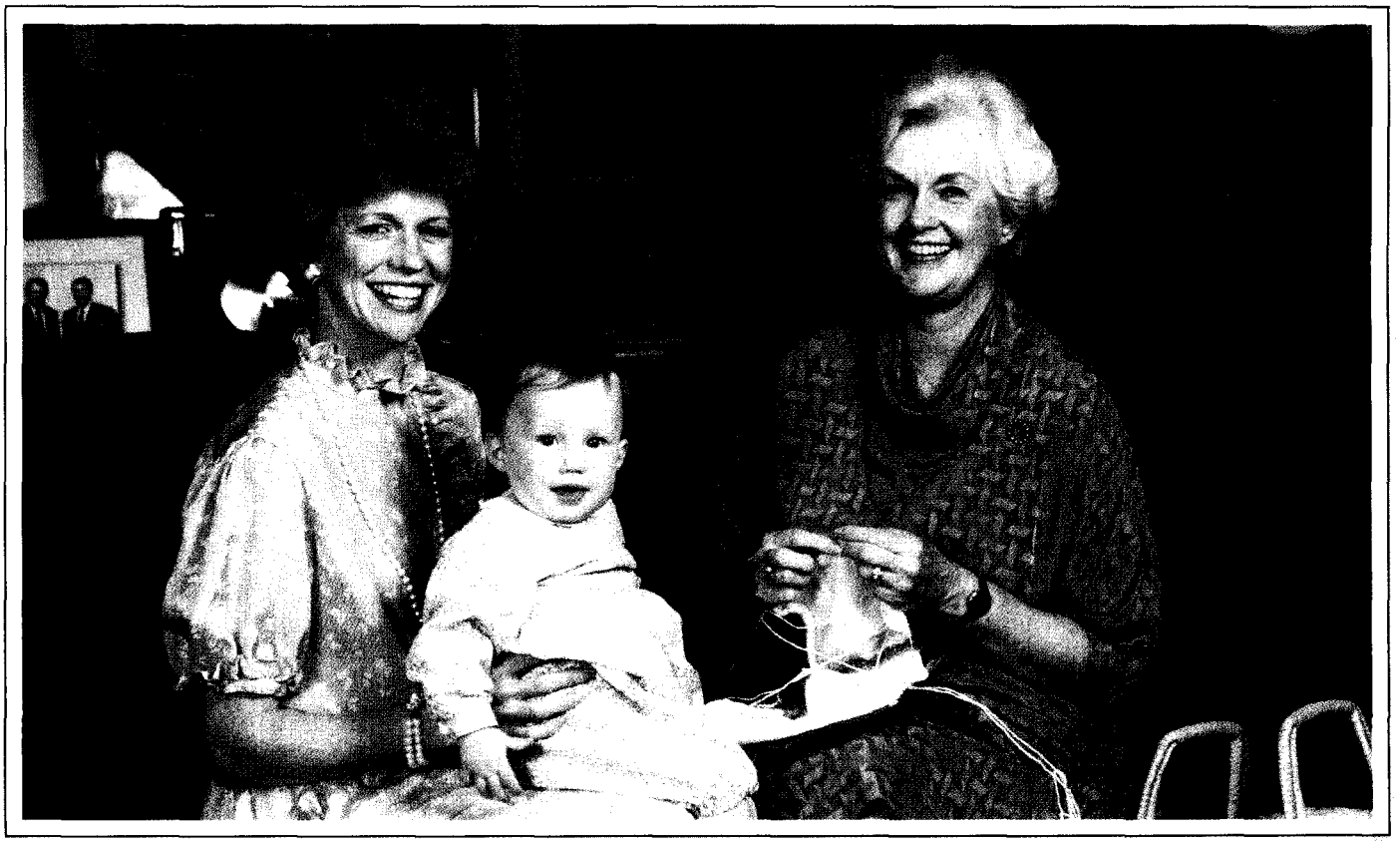
Her surroundings haven't always been as well appointed as those at CBN, however, and her work only recently has involved creating professional settings for a world-wide ministry. "My degree from Ohio State is in social administration, which usually leads to a career in social work. I was mainly interested in helping juvenile delinquents," she says. "Later, I got my master's degree in nursing from Yale. It was something I always felt I wanted to do."

The nursing program not only enabled her to meet her future husband but instilled in her a lifelong interest in nutrition and preventive health, two subjects that served her well as the mother of four youngsters and the wife of a struggling young pastor. Her specialization, maternal and child care, did not stop her from visiting steel mills and rubber plants across the country, studying industrial health, and teaching on-campus nursing classes. She particularly enjoyed her instructional duties and later assumed a post as an assistant professor of nursing at Tidewater Community College for eight years. "If I was led to nursing for a purpose," Dede says, "it was probably to meet my husband, but of course, I've gotten a great deal of satisfaction from my career, and it certainly helped me raise my family. In teaching, I probably was able to contribute a lot just from the Christian aspect."

Because of the flexibility of her nursing career, she was occasionally able to ease her family's financial burden by working odd hours and alternating weekends. It wasn't easy, and she doesn't recommend it. "If mothers can just wait a little while, children *do* go to school—they *do* grow up. It's those important first years before school that they really need a mother's 'being there.' For one thing, that's where you start encouraging creativity. . .that's where you start making sand castles, finger-painting, and all sorts of projects that help them to develop their unique ideas," she says.

Her own four children—Tim, Elizabeth, Gordon, and Ann—have now left the nest for busy careers and blossoming families. Tim, born during Dede's nursing-school days, is executive vice president of television at CBN; Elizabeth recently resigned as the operations manager of a Dallas TV station to enjoy her new baby; Gordon followed in Pat's footsteps to law school and now has a practice in Norfolk; and Ann oversees CBN's founders' department. Dede and Pat, proud of their children, describe themselves as "doting grandparents" of three little ones.

The Robertsons readily admit that their kids passed through all the typical stages of the teen-age years. "I consider them very normal," Dede says. "A normal child is going to experiment with about everything, and I'm pretty sure my children have experimented with almost everything. Some of the things I don't know anything about, and I'm just as happy not knowing about them. What they did in some of their experiments they knew would not wash well at home. They tried it anyhow. But I think every one of them has come



Dede's daughter Elizabeth and granddaughter Catherine are often recipients of Dede's handiwork. "Pat and I felt the Lord was pretty much in charge of rearing the children, but I took care of the 'nitty-gritty' things."

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Many of Dede's activities have involved children. A decade on the board of directors of Birthright, in Tidewater, Virginia, involved training counselors to help unwed mothers. She's also been a guiding force behind CBN's model day-care center.

What strengths does Dede bring to her marriage besides the predictable "woman's touch" in the home? She answers quickly: "A sense of humor. That's important. Also, I have a drive to finish a project once it's begun."

to find the Lord's way is best, and it's the way they're happiest."

Dede may have let them choose their own directions, but she was always available for a word of advice if solicited. Having recognized that local teens had no gathering place to call their own, she provided one. "I had a teen-agers' coffeehouse in our garage for about two years when Elizabeth was a sophomore in high school," she recalls. "It was just a place where they could come, play their music, and sing their songs. They decorated it themselves and had their own Coke machine. Sometimes musicians would come in and play for them. It didn't start out to be big, but it grew. At one point, we had about a hundred teen-agers."

The coffeehouse closed when the younger Robertsons progressed to college, but most of Dede's activities continue to focus on children. She expresses a strong sentiment that children need lots of "TLC" from a mother figure, especially during the vital preschool years. She's pleased that CBN has recently launched a system of "mother care" to replace overcrowded and institution-like day-care centers. The goal is to keep children in a homelike atmosphere with a dominant mother figure. "This is one of the things I'm pushing right now," Dede says. "We don't have it all set up, and it's still in the experimental stage. In fact, we don't even have a good name for it yet. But the idea is to encourage mothers either to stay home and take care of other people's children, or put their children in the homes of mothers who are staying home.

"The program will eventually be under the direction of local churches that will offer training. Once a week the day-care moms will come together at the church for a refresher lesson to give them a sense of being part of something better and greater, while instilling a feeling of achievement and counteracting the loneliness that women get when they stay at home. We're finding the two challenges to the concept are motivating mothers to take the training and helping them to overcome a lack of self-esteem. Unfortunately, today it's more 'in' to say you're an account executive than a day-care mother."

Dede sees herself as having a ministry to women; she reaches out to them via her magazine column, "All in a Woman's Day," and by keynoting retreats, seminars, and meetings. She encourages her audiences to realize their full potential and admits to having little patience with apathetic or passive women. Get involved, she prods them. "Some women don't know where to begin, so they don't begin at all. An awful lot of women are very, very guilty of having 'pity parties.' They sit back and enjoy their martyrdom. They're not willing to get out, get started, and take chances," she says. Her advice? "Find something that interests you. . .whether it's gardening, cooking, or reading," she says. "And I don't mean romance novels!"

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Mrs. Robertson speaks from experience. She and Pat have a long history of taking chances and getting involved. No pity parties for her. When Pat announced he was leaving a successful business career and a promising law practice for the ministry, she encouraged him. When he turned down a position at a comfortable church and opted for an inner-city ministry in New York's Bedford-Stuyvesant area, she gulped and followed. Now, settled comfortably in an elegant Williamsburg setting she helped create, she's faced with the possibility of more change, a new challenge, and even a political campaign.

But Dede is game—even if it means a loss of privacy and all the scrutiny and criticism that plague prospective First Families.

"Well, we've had some of that," she says. "I'm sure there'll be more. It's something you have to learn to live with and not let get under your skin."

Does that mean that Dede Robertson would agree to a little grass-roots stumping of her own? She nods and mumbles a "probably so."

Then she grins. After all, she always knew life with Pat Robertson would never be dull.

Dede's Fitness Fare

Dede Robertson has been touting the wonders of soybeans since her student-nursing days at Yale University. "Nutritional gold," the professors called the hard little legumes. "The meat that grows on vines," her textbooks underscored. But it wasn't until the lean years—when her husband, Pat, was an overworked, rarely paid seminarian and Dede was in charge of stretching taut the family food dollar—that she began her now famous kitchen experiments.

"Dede's the nutrition expert," Pat said when a friend gave him a cookbook emphasizing soybeans. He passed the book on to his wife, who viewed it skeptically. Sure, she knew the beans were inexpensive and packed with protein, but unless they tasted good too, her family would never partake, thank you. Especially the four junior Robertsons.

Through trial and error, hit and miss, a dollop of liquid smoke here and a hint of meat there, Dede devised a collection of recipes that passed even finicky Tim's taste test. Today, not only do these same soybean and health-food dishes still frequently appear on the senior Robertsons' dinner table, but they've also been adopted by the Robertson children and their families.

"Now that they're grown, I notice they all use lots of fresh vegetables—green leafy ones," Dede says. "And I'm slowly but surely watching them turn to the bran cereals. But the whole-grain bread! Oh, that used to irritate them. When they were little, they'd go to school and trade sandwiches with people just to get that awful white bread. Now, almost all of them are us-

ing the whole-grain types in their homes."

For those who wish to sample simple but tasty soybean fare, Dede recommends three main dishes: Love Waffles, honest-to-goodness Meatless Meat Loaf, and Soybean Chili, so good you'll never miss the meat.

Love Waffles
(Makes 6 waffles)

1 cup soybeans, soaked and cooked, then ground or blended
1 cup unbleached flour (or ¾ cup flour and ¼ cup wheat germ)
2 teaspoons baking powder, combination type
½ teaspoon salt
1 tablespoon sugar
5 tablespoons salad oil or melted margarine
1½ cups milk
3 egg yolks, beaten (put whites aside)

Heat waffle iron. Iron is ready when drop of water forms small ball. If water sizzles, iron is too hot.

Mix all ingredients except egg whites with a few swift strokes—as with muffin batter. Beat 3 egg whites until stiff, not dry. Fold egg whites into batter until just blended. Bake on waffle iron until done. Waffles are delicious served with maple or orange syrup, strawberry preserves, or fresh fruit.

If you have sour milk or sour cream, use 2 eggs instead of 3, 1½ teaspoons baking powder, and ¼ teaspoon baking soda.

Meatless Meat Loaf
(Makes 6 servings)

2½ cups ground soybeans
1 teaspoon salt
½ cup bread crumbs
½ cup tomato sauce
½ onion, chopped
½ teaspoon pepper
2 teaspoons Worcestershire sauce
¼ cup chopped green pepper
1 teaspoon dried mustard
1 egg, beaten

Mix all ingredients and place in greased loaf pan. Bake one hour in 350° F. oven. For company, or when available, substitute ½ cup ground beef for ½ cup soybeans. Garnish with tomato wedges or mushrooms for last half-hour.

Soybean Chili
(Makes 4 servings)

3 cups cooked ground soybeans
2 tablespoons suet, fat, or oil
1 large onion, chopped
1 clove garlic, minced
1 teaspoon oregano
1 teaspoon cumin seed
6 teaspoons (or more) chili powder
2 medium cans tomatoes
3 cups whole cooked soybeans

continued on page 102

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WORKING OUT IN THE WORKPLACE

In quest of better corporate health, companies are helping their employees to quit smoking, lose weight, and get back into shape.

by Donna Fenn

Until recently, the only thing many company presidents cared about keeping healthy was "the bottom line." The idea of improving their employees' health was thought to be just another California-style fad, hardly worth consideration by the companies of the Fortune 500. But today that attitude is changing in workplaces large and small across the country. For example, visitors to a real-estate company in Kansas may see employees jumping on minitrampolines while listening to sales-training tapes. In Florida, a manufacturer of packaging machinery has employees screened for high blood pressure and glaucoma at a local hospital. At a Pennsylvania insurance company, employees receive bonus pay for *not* using their sick leave. In Minnesota, a lumber company has replaced candy and cigarette machines with fruit dispensers and serves only decaffeinated coffee.

Exercising in a parking lot is but one way Control Data Corporation people "StayWell."

This "healthy" attitude toward employee fitness extends to America's big companies, too. Bill Coors, chairman of the board of the Adolph Coors Company in Golden, Colorado, has spent 15 years trying to sell the board of directors on a wellness program. Five years ago, they decided to humor him. Coors' company has been feeling the positive effects ever since.

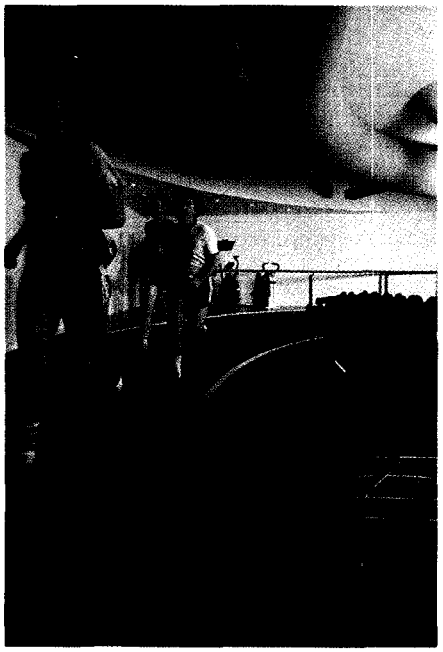
In 1983, for example, Coors' Cardiac Rehabilitation Program reduced return-to-work time for heart-attack victims and saved the company an estimated $212,000. One of the beneficiaries of that program is Gordon Smith. At 5'4" and 195 pounds, Smith could barely swim one lap in the company pool, so he signed up for a slimness class; 16 weeks later he weighed 159 pounds. When Smith suffered a mild heart attack, "I got through it really well," he says, "because I worked out at the wellness center. I came back in four weeks to our cardiac-rehabilitation program, and two weeks later, I was back to work full-time."

The Coors health program promotes fitness, nutrition, stress management, weight loss, smoking cessation, and alcohol awareness. Before employees can participate, they must undergo a "health-hazard appraisal." For those with a clean bill of health, the company increases its reimbursement for medical bills from 85 to 90 percent.

But for some Coors employees, the program has saved more than just dollars and cents. Susan Hartmeister, a 41-year-old technician at the Coors ceramic division, decided to use the company's mammography screening. "There was no history of any cancer in my family, and I used the fitness center all the time. But I thought, why not?—the screening was only $15," she recalls. The screening revealed a minuscule lump, which, as it turned out, was malignant. "My doctor said that if I had not had that mammography, in three to five years I could have lost both breasts, and the cancer would have spread. I was overwhelmed, and very grateful."

The benefits of health programs for employees like Susan Hartmeister are obvious; the benefits the companies themselves accrue are harder to pinpoint. In the hopes of cutting skyrocketing insurance costs, most firms have embarked on wellness programs to improve their employees' health.

The Johnson & Johnson Company's health-promotion program is a case in point. To combat annual 20 percent increases in health-care costs, Johnson & Johnson's chief executive officer, James Burke, decided to make his employees' good health his pet project. In 1978, the company initiated its health-promotion program,



An indoor track helps Johnson & Johnson employees adhere to the company's "Live for Life" health program.

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called "Live for Life," and built a health facility that included an indoor track, exercise equipment, and a staff of trained professionals available at no cost to employees and spouses.

More important, the company initiated a series of courses to help employees alter bad habits that contribute to poor health. "One of the most important goals we have is to get people to stop smoking," says Melvin Benjamin, the director of "Live for Life." "It's the most pervasive, negative health risk we can identify." He estimates that Johnson & Johnson's two smoking-cessation programs—an eight-week course and an intense one-day clinic—have reduced the number of smokers in the company by about 30 percent. Employees are also offered an eight-week stress-management course, nutrition classes that involve on-site cooking, weight-control programs, and lectures on drug and alcohol abuse.

About 80 percent of the employees at Johnson & Johnson's New Brunswick, New Jersey, headquarters participate in "Live for Life," at an annual cost of about $175 per employee. John Benda, a former senior information systems analyst at Johnson & Johnson, jogged every day at lunch. Benda wasn't always so concerned with fitness. When he first started participating in "Live for Life" five years ago, he was an overweight smoker of two packs of cigarettes a day. "I joined the smoking-cessation program and was successful," he says. "Then I increased my activity level and found that it eliminated the desire for a cigarette—I really became addicted to the program." Benda is now 40 pounds lighter.

No concrete evidence exists that programs like Johnson & Johnson's actually reduce health-care costs across the board—the health-promotion trend is still too young for that. But a growing body of statistics reveals just how much lifestyle-related illnesses cost, not only in health care, but in absenteeism, lost productivity, and workmen's compensation insurance as well. The Washington Business Group on Health, a national employer organization for health-care issues, estimates that each smoker in the workplace costs an employer between $624 and $4,611 annually and that 80 million workdays are lost to smoke-related illnesses every year. Hypertension, a disease that has no visible symptom, costs industry $2 billion each year and afflicts about 30 million workers. The numbers are enough to make any company president stand up and take notice—and many are now willing to make the assumption that if you change lifestyle habits, you will also reduce costs.

Willis Goldbeck, director of WBGH, says: "It's been well-established by various government studies that medical care represents only 10 to 15 percent of health status and that the rest is divided among environmental, hereditary, and lifestyle factors. By definition, that means you can't deal with the other 85 percent on the medical-care model."

Johnson & Johnson has monitored its eight-year-old program long enough to make some preliminary claims. (Because some of its subsidiaries do not have health-promotion programs, the company has a built-in

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"control group.") "After three years we showed that the companies with the program experienced $140 less per employee in hospitalization costs than those employees in Johnson & Johnson companies that did not have the program," Benjamin says. "In hospitalization alone we paid for the fitness program."

Control Data Corporation, another corporate-wellness leader, is documenting the success of its own "StayWell" program. The company started "StayWell" in 1979 after it determined that "close to 50 percent of our health-care costs were due to illnesses related to lifestyle," says David Anderson, the manager of information services. "StayWell," offered to all employees and their spouses, begins with "risk assessment," which includes a lifestyle questionnaire, medical screening, and blood tests. Professionals interpret the assessment and recommend what can be done to reduce the risk of contracting illness. The company then offers on-site courses in smoking cessation, weight loss, high blood pressure, stress, nutrition, and fitness. Sixty percent of Control Data's employees participate in "StayWell," offered in three different "delivery modes"—class instruction, self study, or software based.

"I'm really the type of person who needs group reinforcement," says Gaylee Evans, a consultant in Control Data's marketing-services division. Evans, 30, was a chronic smoker who gave her habit serious thought when she considered having a child. " 'StayWell' provided me with a structure to help myself—I think it's probably the greatest gift I've ever been given in a work environment. It reinforces my belief that wellness programs are very concrete things; too many people pass them off as fluff." Charles Coady, a facilities engineer and another ex-smoker at Control Data, ran a long-distance race this year and asserts that his ability to do so "is directly related to the fact that I quit smoking. It's made my life more active, and I think it has extended it, too."

David Anderson believes that as the numbers of smokers at the company decrease, so will benefits claims: Control Data has discovered that smokers generate 25 percent more claims and twice the number of hospital days as nonsmokers. "We have not yet proven beyond a shadow of a doubt that health promotion has saved us money," Anderson says. "But we have proved that employees with high-risk lifestyles cost us substantially more in health-care claims and absence from work and that their health influences their work performances—we've established that the relationship is there."

If the motivation for starting corporate-wellness programs seems somewhat calculated, take heart—for some companies maintaining health is just another element of corporate culture. L.L. Bean, an outdoor-specialties company based in Freeport, Maine, started a wellness program three years ago "because of the interest of the company president, Leon Gorman," says Susan Gardiner, the director of Bean's fitness center. "He's very active himself, and he believes that as part of what we do, being an outdoor-oriented company, the people who work here should be healthy and fit." The company has fitness rooms in both its locations where employees can work out on stationary bicycles, rowing machines, Nordic tracks, and universal weights. The company also screens employees for such health risks as high blood pressure and cholesterol levels and holds classes in stress management, weight control, and smoking cessation, as well as in cross-country skiing, kayaking, ballroom dancing, and other recreational activities.

Bean spends between $50,000 and $60,000 a year on the program, and Gorman insists that the company isn't looking for monetary return on its investment. When the company first started screening employees, one fellow found he had a dangerously high cholesterol count. "He told me not too long ago that he thinks it [the program] saved his life," Gorman says. "That's what we're looking for—not a dollars-and-cents return." Still, news about decreased absenteeism and increased productivity in other companies with wellness programs has piqued Bean's curiosity. The company is evaluating its own program.

Despite the dearth of hard numbers to back up the effectiveness of employee-health initiatives, Johnson & Johnson and Control Data are marketing their programs to other companies eager to give wellness a try. Apparently there is a market—Control Data has formed a separate division to sell "StayWell" through a nationwide network of distributors, mostly hospitals. Because most employers are "experience rated" by insurance companies (premiums rise or fall according to the total dollar amount of claims), "StayWell" customers are hoping that, in time, the program will result in healthier employees and, eventually, in lower premiums. Employee health may be a risky investment, but as Control Data's David Anderson says, "There's a bigger risk in doing nothing."

Control Data personnel are not tiptoeing through the tulips but reducing the risk of lifestyle illnesses, which includes on-site courses in smoking cessation.

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• Shown smaller than actual size of 8½" diameter

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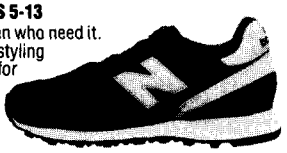

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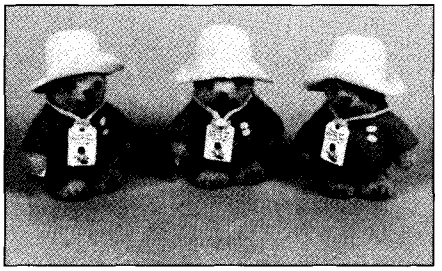

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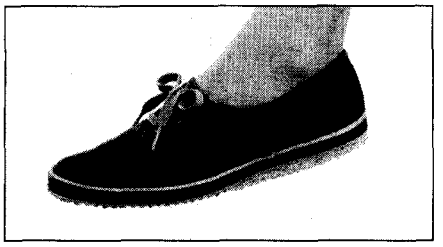

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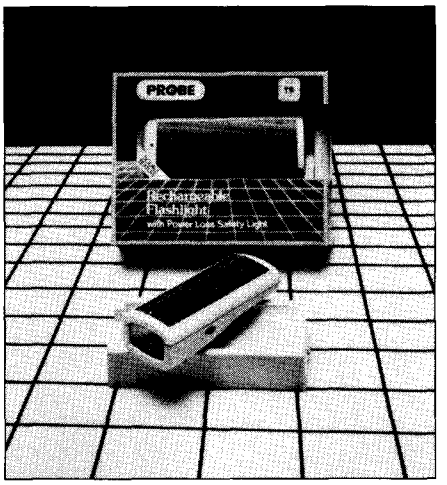

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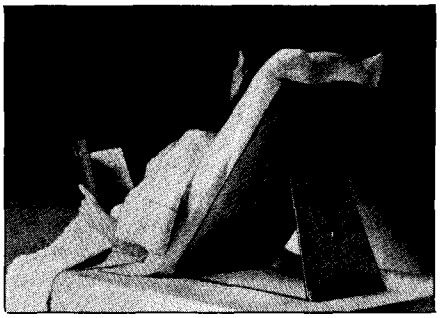

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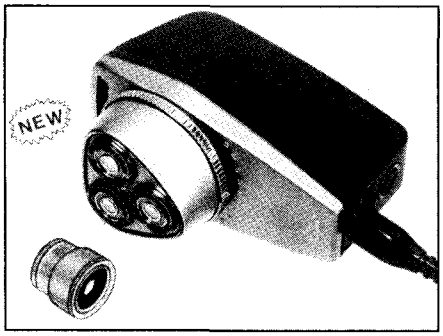

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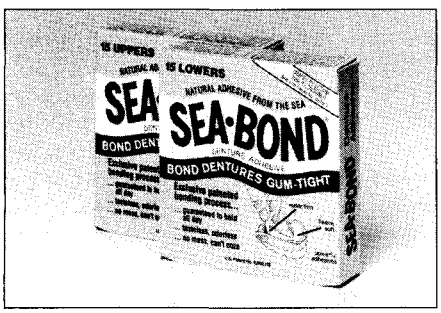

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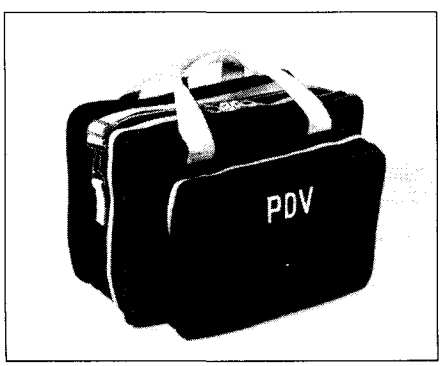

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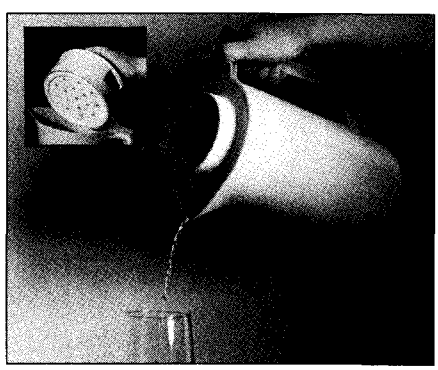

Fill 2¼-quart pitcher with cloudy tap water and pour out mountain-fresh spring water. Built-in filter in cap purifies 300 gallons of water! End the expense of lugging home bottled spring water. $12.95 plus $1.85 shpg. Extra filter only $4.50. Holst, Inc., Dept. SPP-986, 1118 W. Lake, Box 370, Tawas City, MI 48764.

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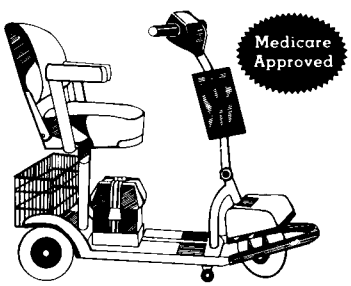

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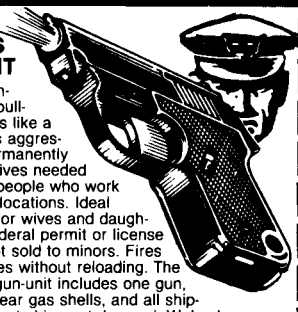

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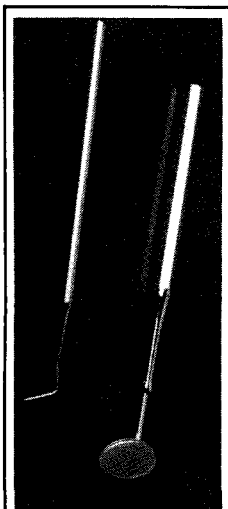

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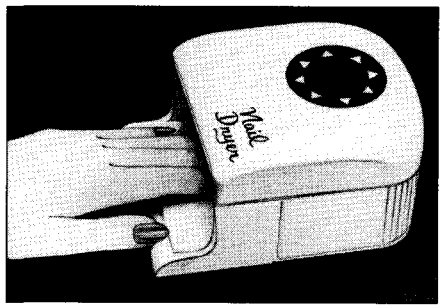

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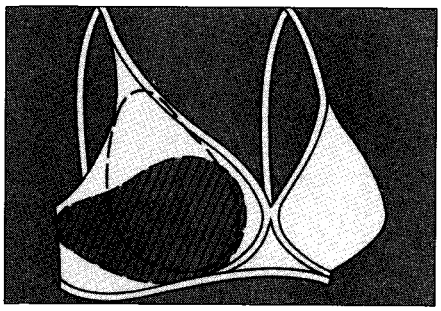

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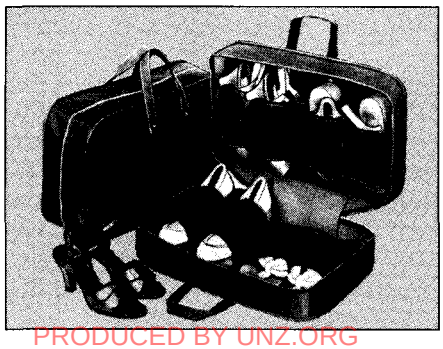

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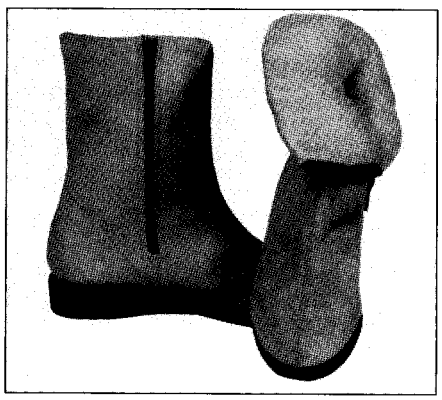

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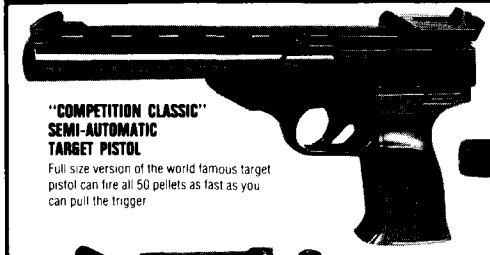

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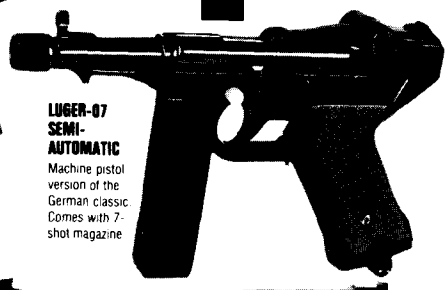

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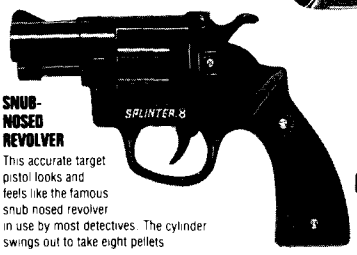

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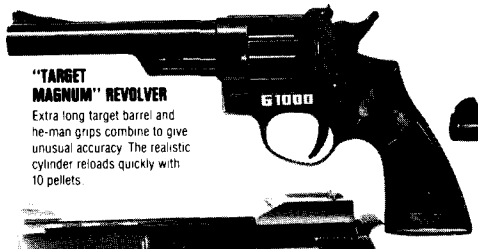

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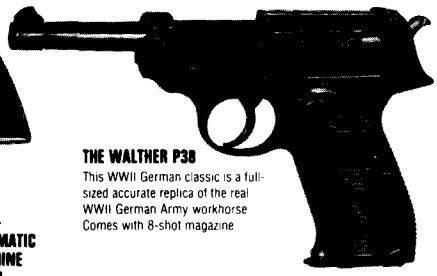

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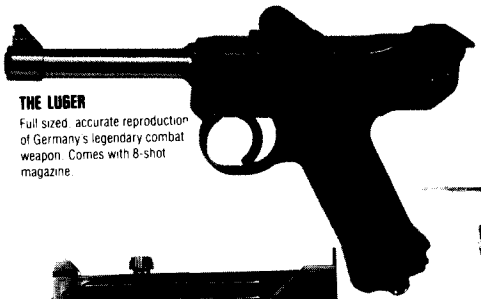

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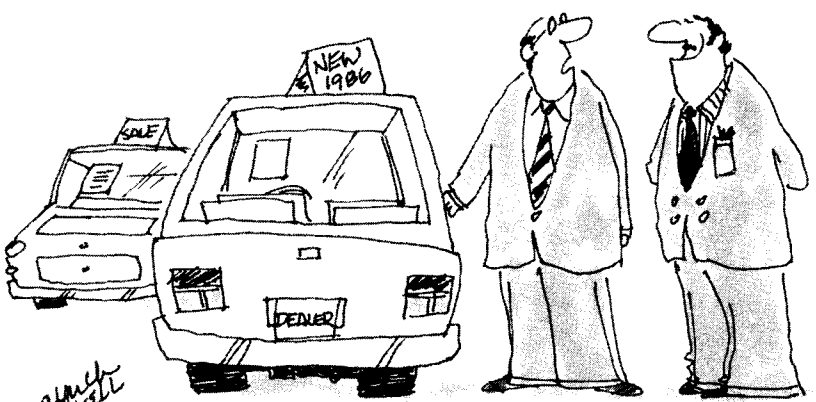

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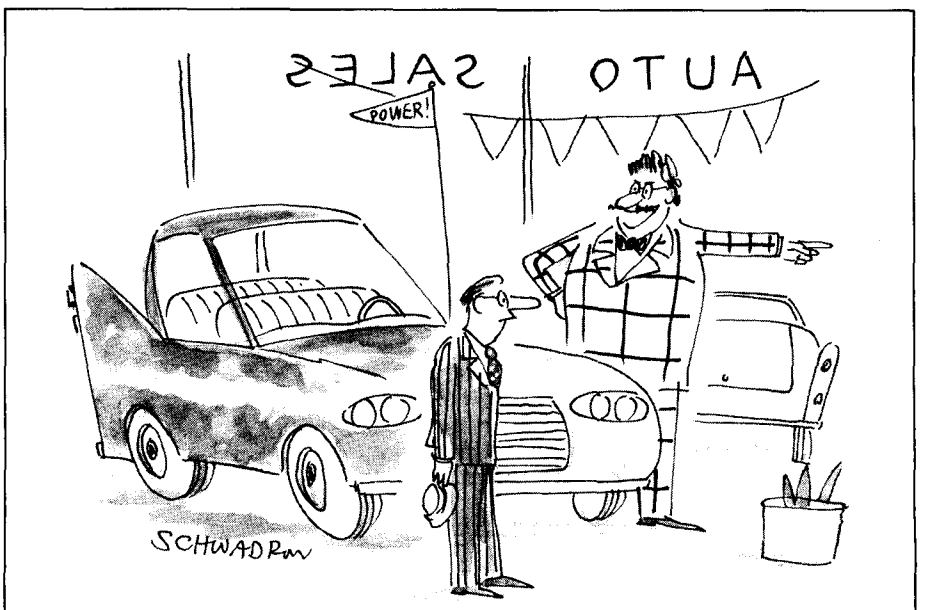

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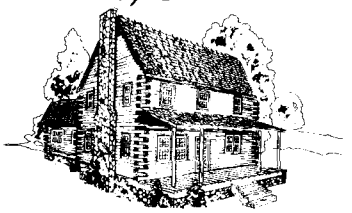

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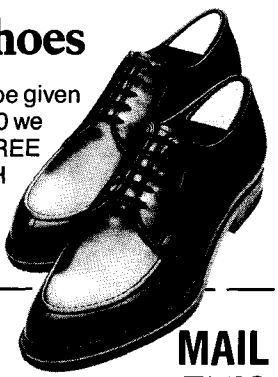

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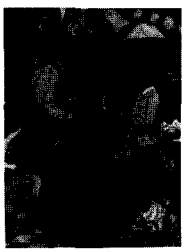

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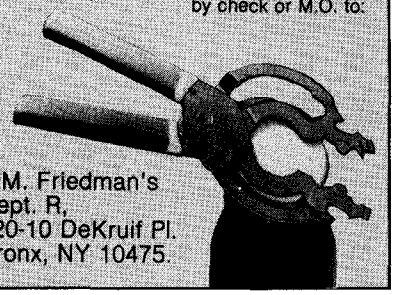

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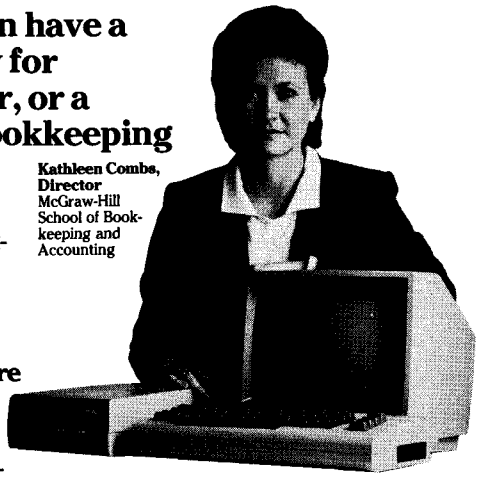

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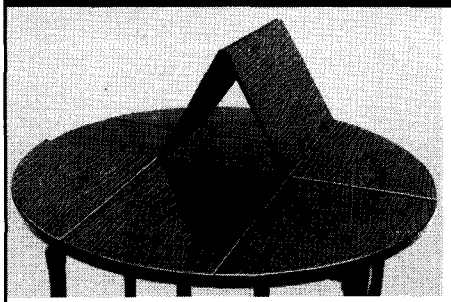

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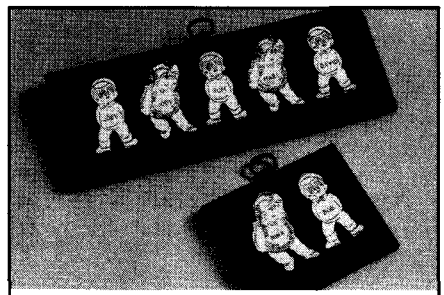

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Menopause
Measles
Glaucoma
Insomnia
Smoking
Electroshock Therapy

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Alcoholism
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Osteoporosis
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Prenatal Nutrition
Esophageal Cancer
Hemorrhoids
Psoriasis
Hypertension
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☐ **Videocassette #10***
Atherosclerosis
Nicotine Fix
Shingles
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Cancer Prevention
Organ Transplants
Hepatitis
Artificial Kidneys & Hearts
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AIDS
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Vitamin C
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Hypoglycemia
Microvascular Surgery

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Arthritis/Diet Can Help
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Vocal Cords
Thyroid
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Scoliosis
Depression
Emphysema Prevention

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Hypothyroidism
Smoke Alert
Insomnia
Avoid Bypass
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Ethiopia
Lung Cancer
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Myasthenia Gravis
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MAKING YOUR WATER COME CLEAN

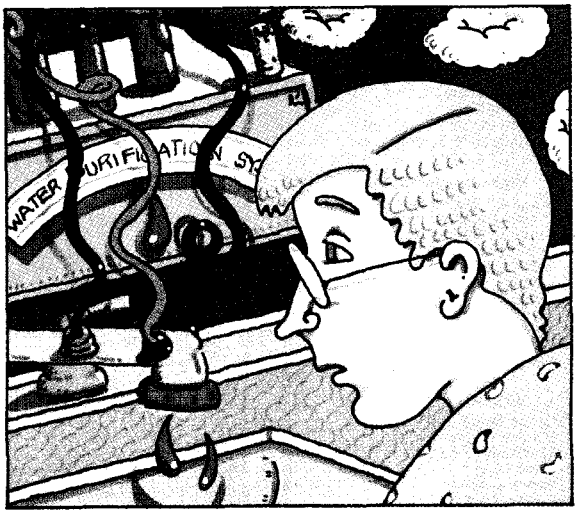
What to do if you don't like the look, the smell, or the taste of the stuff that comes from your tap.

by Jack Hayes

Illustrated by Andrea Eberbach

Americans spent more than $800 million last year on products and chemicals for treating, purifying, or improving the taste of their drinking water. But many of these purchases were made without enough investigation into what —if anything—was wrong with their water in the first place. Yet people want to feel good about the water they drink, cook, and wash with. So what can the typical homeowner do?

There are three basic drinking-water problems. The most obvious is aesthetic—when you don't like the look, smell, or taste of that stuff coming from your tap. Another problem is the water's behavior when it corrodes the plumbing, stains the laundry, or limes the teakettle. The final problem concerns your suspicions about your drinking water's bacterial and chemical contamination. You've probably heard or read enough to be more than a little concerned.



Homeowners often discover liquidity problems that aren't covered in the financial-planning guides.

● If you have a problem with the color, smell, or taste of your tap water, bottled water may be a solution. The International Bottled Water Association says Americans have consumed about 1 billion gallons of bottled water a year since 1983, at an average price of 80¢ a gallon. But you might also solve the problem with a faucet-mounted activated-carbon filter, available in retail stores for as little as $15. A carbon-filtration device mounted under the counter is generally much more effective, but it may cost more than $200.

The superior absorption ability of carbon helps it to remove dissolved organic compounds and gases, including chlorine and hydrogen sulfide, that can add unattractive taste and odor to the water. Stained or dirty-looking (turbid) water contains undissolved solid matter. Tank and cartridge filters remove the suspended particles from the water. These filters mount either beneath the sink, like the undercounter carbon filters, or at your home water-inlet pipe; they cost between $50 and $200.

Aesthetic problems aside, be immediately concerned about any sudden change in the color, taste, or smell of your home drinking water. Such a change may indicate a serious contamination. Notify your local health department or your water supplier. Consult two water-treatment specialists to compare their prices and their recommended solutions for your water-appearance problem.

● Your water may contain enough dissolved minerals to damage pipes, plumbing, and heating appliances. Hard water contains much dissolved calcium and magnesium that form a crustlike scale in cooking pots and water heaters. High levels of dissolved iron and manganese also cause staining.

The common solution to mineral problems is a water softener, which removes these dissolved minerals from water by a chemical process called ion exchange. The type and size of softener you'll need depends on how hard your water is and how much water you use. Water-softener prices start at about $400. For removing very high concentrations of iron and manganese, other chemical processes, as well as filtration, may be required. Your water utility should specify that local water mineral concentrations justify a softener purchase.

Corrosion, related to hardness, is caused mainly by acidity (low pH), dissolved oxygen, and high temperatures. Plumbing and appliance pipes may be so eaten away by corrosion that they eventually fail. Acid corrosion is controlled either with special filters or with devices that feed higher pH solutions into the water to neutralize the acidity. There are also anti-corrosion devices that feed special chemicals (polyphosphates and silicates) into the water to form protective films on the metal parts. (Some water utilities have begun adding these chemicals to the water supply, and you should therefore investigate before buying any such equipment.)

Your water utility should be the first place to consult about a corrosion problem. Because temperature has a major effect on corrosive action, homeowners can inexpensively reduce it by keeping water-heater settings below 140° F.

● You may worry about your home drinking water for reasons other

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than the way it looks, tastes, smells, or behaves. Perhaps you've read about such contaminants as coliform bacteria, arsenic, lead, trihalomethanes, and radon. The Environmental Protection Agency, says Dr. Joseph Cotruvo, who heads the Standards Division for the Office of Drinking Water, is making great progress in cleaning up America's drinking water. But many environmentalists believe otherwise. Find out where your water comes from, how it's treated, how it gets into your home—and what kinds and amounts of contaminants have been found in it.

If your home water comes from a well or another private system with fewer than 15 connections, it is not covered by EPA regulation. Therefore, its quality will depend on whether you run regular tests yourself. Local health officials will assist in testing for bacterial contamination. Tests for chemical contamination are harder to come by. Local, county, and state utility and enforcement people should be consulted. Paying for a chemical analysis will cost about $100.

Public water systems are required by law to test for all regulated contaminants (maximum contaminant levels have now been set for some 85 substances) and to report results to the states, which in turn report to the EPA. Some systems, however, aren't meeting the standards. Other systems aren't even testing. Homeowners who want to know about their water quality can find out, but it may take a lot of phoning. The alternative is to pay for a test.

Home systems for purifying water against these "unseen" contaminants work on principles of carbon filtration, distillation, reverse-osmosis separation, and ultraviolet radiation. The latter three systems range in price from $300 to $800. Important questions to ask when choosing between them are: What kinds and amounts of contaminants—if any—do you actually have? How much water do you need to purify? How likely are you to maintain the equipment as recommended?

In-line systems (the kind that mount under the sink or near your water-inlet source) should be professionally installed only after consultation reveals which is best for your specific needs.

continued on page 100

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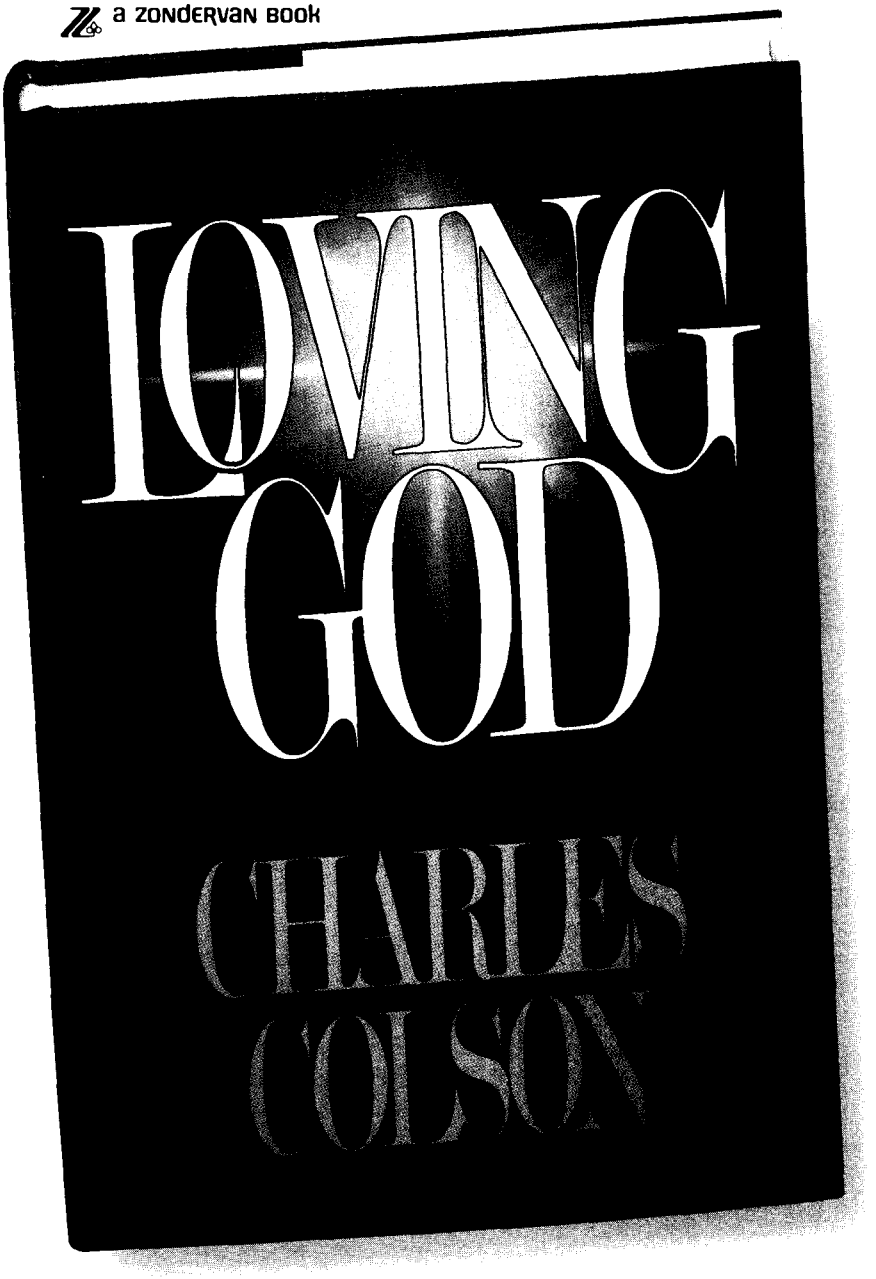

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A JUDITH MARKHAM BOOK

Loving God by Charles Colson. $12.95. Hardcover. Catalog No. 11306. ISBN 0-310-47030-7.

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FOOD

COOLERS: MADE IN THE SHADE

As steamy dog days give way to sweltering Indian summer, give your guests a frosty reception with colorful citrus and yogurt coolers.

by Allen Simon

Have your summer drink ideas fizzled? Are you down to the last straw serving tired old standards? If what to serve for drinks has become a problem, here are some refreshing solutions:

Spice up ordinary beverages with ingredients you may already have in your cupboard. Combine orange juice and lemonade with nutmeg, mint flakes, and a little sweetener for a luscious Mint 'n Spice Fruitade. Or overhaul your regular iced tea by adding ginger, cloves, cinnamon sticks, lemon slices, and a squirt of maple-flavored syrup. (See Spiced Iced Tea.) Your guests may wonder how you squeezed all that flavor into a single glass, but they'll never know unless *you* spill the secret.

To melt down a mounting thirst even quicker, make spiced ice cubes a day or even a week in advance and plop some into the glass along with your favorite fluid. (See Spiced Ice Cubes.)

Drench your taste buds with such exotic coolers as Spiced Iced Tea, or a unique approach—Spiced Ice Cubes.

More substantial summer thirsts may require thicker solutions, such as yogurt smoothies. Yogurt blended with fruit juices or berries satisfies thirst while adding protein and calcium to your diet. So many yogurt flavors are available that the combinations are endless. You might start with a Lemon-Yogurt Pickup—a refreshing mix of lemon yogurt and fresh strawberries. Or if you prefer peaches, try a Peach Pick-me-up with peach yogurt, frozen apple juice, and almond extract. Further ideas are included in the recipes below.

A final solution to summer thirst is fresh fruit juice squeezed into colorful citrus coolers. For a tall-and-cool drink, squeeze grapefruit and orange juices into a glass with simple syrup and fill the glass with mineral water. Garnish the concoction with an orange slice and a sprig of mint. (See Grapefruit Cooler.) Or fix a frappé. Place a scoop of fine ice in a champagne glass; add blended apricot halves, fresh-squeezed orange and lemon juices, and simple syrup, and garnish the frappé with an orange slice. (See Orange-Apricot Neck.) Other recipes follow. To get the most juice from a citrus fruit, roll it on a flat surface; rock hard with the palm of your hand before squeezing.

If you can't beat the heat with these coolers, try moving to Alaska.

Spiced Iced Tea

(Makes about 2 quarts)

2 quarts prepared unsweetened tea
1½ teaspoons ground ginger
½ teaspoon whole cloves
3 two-inch cinnamon sticks
1 lemon, sliced
¼ cup maple-flavored syrup

In large saucepan combine tea with ginger. Tie cloves and cinnamon sticks in cheesecloth. Add to saucepan along with lemon. Bring to boil. Reduce heat and simmer, covered, for 30 minutes. Remove spice bag and lemon, and discard. Stir in maple syrup. Cool tea mixture to room temperature. Refrigerate until serving time. Serve with ice cubes. Garnish with lemon slices stuck with cloves, if desired.

Tropical Cranapple Punch

(Makes about 2 quarts)

1½ quarts cranberry juice
2 cups apple juice
1 tablespoon sugar
10 whole cloves
2 two-inch cinnamon sticks
Ice cubes
1 bottle (12 oz.) club soda

In large saucepan combine cranberry

continued on following page

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juice, apple juice, sugar, cloves, and cinnamon; bring to boil. Reduce heat and simmer, uncovered, for 10 minutes. Strain out and discard spices. Chill juice. Just before serving, pour juice over ice cubes in punch bowl or large pitcher. Stir in club soda. Serve in punch cups, and garnish with skewers of strawberries and melon balls, if desired.

Mint 'n Spice Fruitade
(Makes 3 quarts)

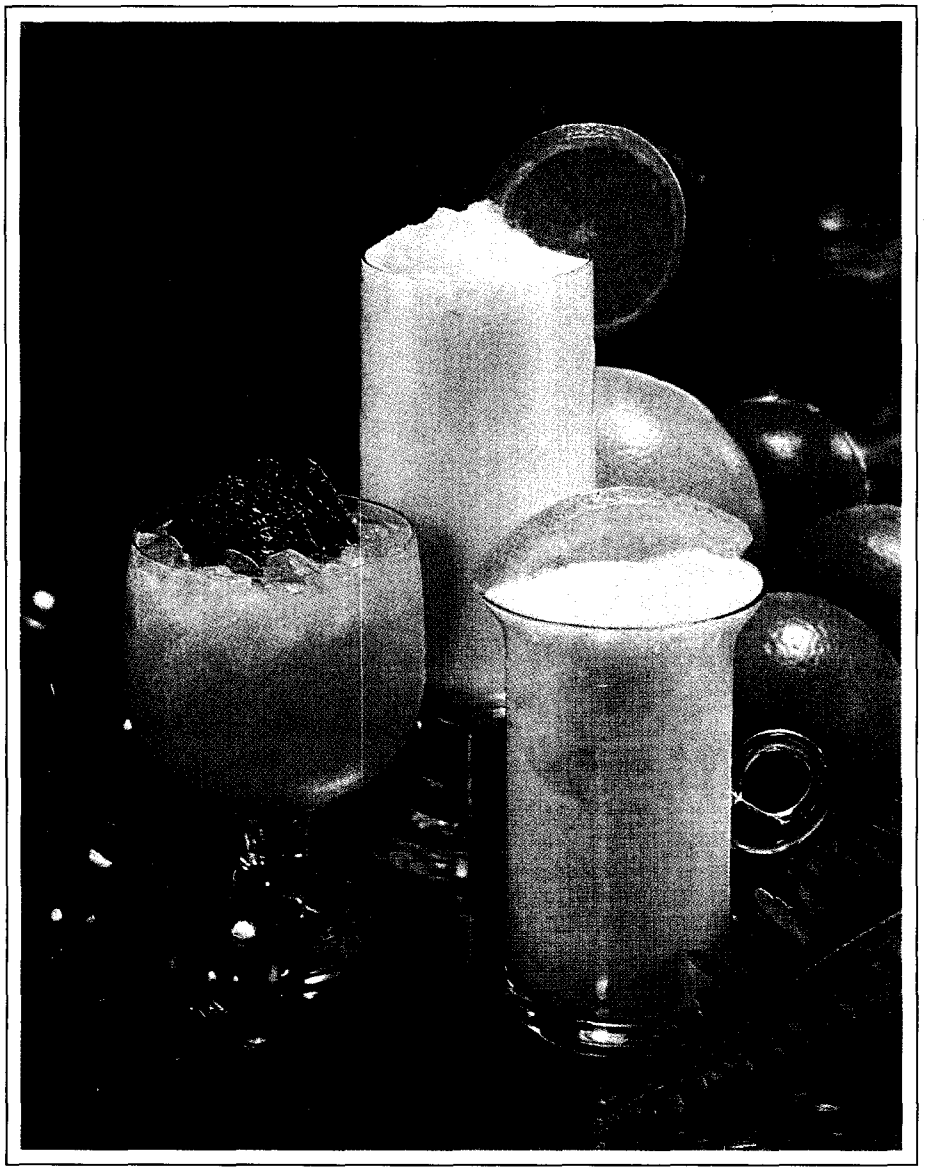
4 teaspoons crushed mint flakes
2 whole nutmegs, cracked
2½ quarts water
1 tablespoon sugar
1 can (12 oz.) frozen orange-juice concentrate, thawed
1 can (6 oz.) frozen sugarless lemonade concentrate, thawed

Tie mint flakes and nutmegs in cheesecloth. In large saucepan combine water, sugar, and bag of spices; bring to boil. Reduce heat and simmer, covered, for 15 minutes. Remove and discard spice bag. Pour spiced water into large pitcher; stir in orange juice and lemonade; chill. Serve with ice cubes. Garnish with orange slices, if desired.

Sunshine Punch Soother
(Makes 32 servings or 5 quarts)

1 can (46 oz.) pineapple juice, chilled
1 can (6 oz.) frozen lemonade concentrate, thawed
1 can (6 oz.) frozen orange-juice concentrate, thawed
4 cups cold water
3 bottles (28 oz. each) ginger ale, chilled
Orange slices
Lemon slices
Ice ring or cubes

In chilled punch bowl, combine all ingredients. Ladle into 6-ounce punch cup.



Fresh ice-cold lemonade, orange juice, or orange slush top the list of simple citrus strategies to take the edge off a long, hot summer day.

Raspberry Refresher
(Makes 3 cups)

2 containers (8 oz. each) raspberry yogurt
½ cup chilled unsweetened pineapple juice
2 packets (.035 oz. each) low-calorie sugar substitute, powdered
4 ice cubes

Place all ingredients in blender container; cover. Blend on high speed until ice is in small pieces and mixture is well combined. Serve immediately in tall, chilled glasses.

Honey-Lemon Berry Drink
(Makes 2¾ cups)

2 containers (8 oz. each) lemon yogurt
3 tablespoons honey
20 (about 1½ cups) whole frozen unsweetened strawberries

Place all ingredients in blender container; cover. Blend on high speed until almost smooth. Serve immediately in tall, chilled glasses.

Peach Pick-me-up
(Makes 3½ cups)

2 containers (8 oz. each) peach yogurt
1 can (6 oz.) frozen apple-juice concentrate
½ teaspoon almond extract
3 ice cubes

Place all ingredients in blender container; cover. Blend on high speed until ice is in small pieces and mixture is well combined. Serve immediately in tall, chilled glasses.

Fruit 'n Berry Cooler
(Makes 3½ cups)

2 containers (8 oz. each) vanilla-flavored yogurt
1 can (6 oz.) Fruit 'n Berry frozen concentrate
3 ice cubes

Place all ingredients in blender container; cover. Blend on high speed until ice is in small pieces and mixture is well combined. Serve immediately in tall, chilled glasses.

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Coconut Creeper
(Makes one 8-ounce serving)

In mixer or blender, finely crush 1 scoop ice. Pour into glass and add 2 ounces fresh-squeezed orange juice, 1 ounce pineapple juice, 1 ounce coconut cream, and 1 ounce cream. Garnish with pineapple and cherry.

Lemon-Yogurt Pickup
(Makes 2 cups)

½ cup sliced fresh strawberries
½ tablespoon sugar
1 cup (8 oz.) lemon yogurt
¾ cup milk

Beat strawberries and sugar in blender until mashed. Add yogurt and milk. Blend just until foamy. Garnish with fresh strawberries. Serve immediately.

Orange-Apricot Neck

In blender, combine 1 scoop fine ice, 2 canned apricot halves, 2 ounces fresh-squeezed orange juice, ½ ounce fresh-squeezed lemon juice, and ½ ounce simple syrup. Serve in champagne glass and garnish with ½ orange slice.

Strawberry-Orange Frostee

In blender combine 1 scoop of fine ice, 6 fresh or frozen strawberries, 2 ounces fresh-squeezed orange juice, and ½ ounce simple syrup. Serve in champagne glass and garnish with one strawberry.

Grapefruit Cooler

Fill 10-oz. glass with ice cubes. Add 2 ounces fresh-squeezed grapefruit juice, 1 ounce fresh-squeezed orange juice, and ½ ounce simple syrup. Fill with mineral water. Garnish with ½ orange slice and sprig of mint.

Lili

Fill 10-oz. glass with ice cubes. Add 2 ounces white grape juice and 2 ounces fresh-squeezed orange juice. Fill with club soda. Garnish with ½ orange slice.

Bullee Lime

Salt rim of mai-tai glass and fill with ice cubes. Squeeze and drop in 2 fresh lime wedges. Add 2 dashes hot pepper sauce and 2 dashes Worcestershire sauce. Fill with beef broth and garnish with celery or carrot stick.

Agena Space Shooter
(Makes one 8-ounce serving)

Fill glass with ice cubes. Add 2 ounces fresh-squeezed orange juice and ½ ounce grenadine. Fill with lemon-lime soda; stir. Garnish with ½ orange slice and cherry.

Spiced Ice Cubes
(Makes 1 tray)

Combine 2 cups orange juice with ¾ teaspoon whole cloves (for grapefruit juice, iced tea), or;
2 cups pineapple juice with 2 teaspoons ground ginger (for club soda, iced tea, orange juice), or;
2 cups prepared coffee (sweetened if desired) with 4 teaspoons ground cinnamon (for iced coffee), or;
2 cups prepared tea (sweetened if desired) with 4 teaspoons mint flakes (for iced tea), or;
2 cups lemonade with 1 teaspoon whole allspice (for iced tea, cola, club soda), or;
2 cups tomato juice with 4½ teaspoons Italian seasoning (for tomato juice, mixed vegetable juice, clam and tomato cocktail).

Tie whole spices or flakes in cheesecloth (not necessary with ground spices). In a small saucepan combine liquid with spice. Bring to boil. Reduce heat and simmer, covered, for 15 minutes. Remove cheesecloth. Let cool to room temperature. Pour into one ice-cube tray with divider. Freeze until solid.

Serving suggestions: To put the frosting on the glass, so to speak, give your glassware the "cold shoulder" by placing wet glasses in the freezer or by burying them in shaved ice until they are frosty white.

Don't forget to add a twist of citrus peel. Not only does it add character, it gives a delightful fresh aroma to a drink.

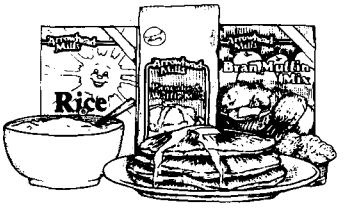
Here's an easy way to peel the peel: Using a sharp pointed knife, cut off a thin slice of the lemon from each end. Set the lemon on cutting board, either end down. Cut the peel in strips from the top to bottom using the tip of the knife. Use the peeled fruit to make fresh juice.

For great garnishes, try a lemon peel twist, skewered with a cherry. Hollow out a grapefruit or an orange shell and freeze it. You'll have more than a glass for class. You can also just freeze the citrus on a stick for a catchy citrus swizzler.

A GRAIN OF TRUTH

CONVENIENCE VS QUALITY

Time has become more and more important to today's consumers. With many women now embarking on dual careers, quality family and personal time is increasingly difficult to manage.



It's unfortunate that one key place to "make up" this precious time is in the kitchen. The preparation of wholesome meals by natural methods is rarely an instant process. Good food takes time, and for many people, it's time they simply don't have.

Arrowhead Mills is sensitive to this problem. We know that just because you're busy doesn't mean you want to settle for less nutrition and taste. Our Choice Cake Mix, Multigrain Pancake & Waffle Mix, and Rice & Shine Cereal, are examples of time-saving, wholesome, quality mixes you and your family can feel really good about eating. We call it convenience without compromise.

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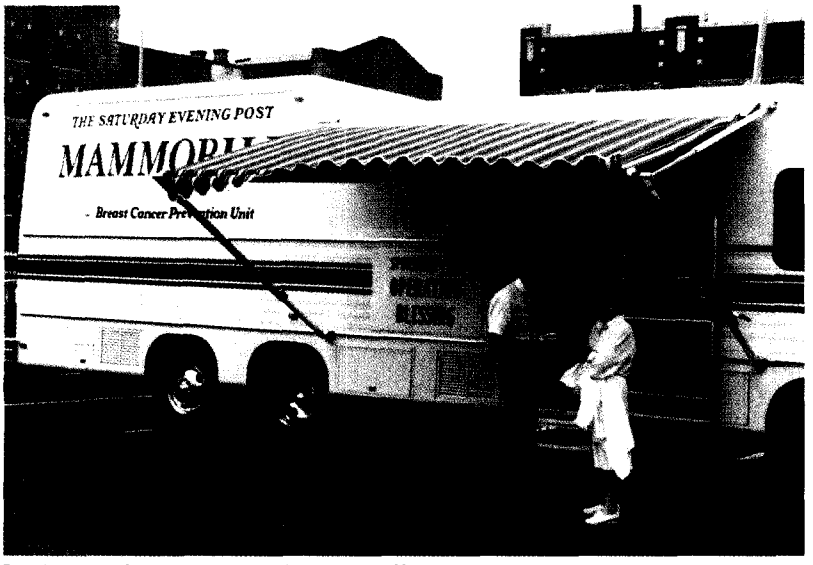
Your Society's Quest for Better Health

When it comes to better health, the **Post** never straddles the fence. We are definitely for it. And thanks to your help, The Saturday Evening Post Society is accomplishing much in its quest to prevent painful afflictions to which the body is heir.

Prevention is our rallying cry! With your help, the Mammobile (breast-cancer prevention unit) is rolling. In Cincinnati, with the renowned mammographer Dr. Myron Moskowitz, the Mammobile, while parked at the Elm Street Clinic and in several church



Dr. Myron Moskowitz with the **Post**'s editor. **The Saturday Evening Post** Mammobile was sponsored for a week in Cincinnati by the University of Cincinnati and Operation Blessing.

parking lots, provided free mammograms to several hundred inner-city, low-income women. In Virginia Beach, Virginia, the **700 Club** welcomed the Mammobile, where it was sponsored by Operation Blessing. Members who want to know more about launching a Mammogram Awareness Week in their cities are encouraged to write us for details.

Another project your Society would like to undertake is a "Machobile" unit for the discovery of early cancer of the prostate, testicles, and colon. After interviewing Dr. Jack Donahue, chairman of the Department of Urology at the Indiana University School of Medicine, we were all the more convinced the project is needed. He told us that the digital rectal examination is "the most cost-effective procedure in medicine," and is, of course, the "key to early detection of this potentially curable malignancy."

Most of our members know that your Society helped launch the first kidney-stone lithotripter in the U.S. Then through our kidney-stone prevention efforts and the Kidney Stone Formers Club, we came in contact with the urologist Dr. Charles Pak, of the University of Texas Southwestern Medical School. He had put his kidney-stone formers on citrate because he discovered it helped to prevent kidney stones. Then, serendipitously, Dr. Pak discovered a blessed solution for patients distressed with gas and bloating from their calcium-carbonate preparations. It was calcium citrate, and the idea of using it came to him at the Franklin Institute Science Museum, in Philadelphia, as he watched an egg (calcium-carbonate shell) brought to the surface of a bowl of vinegar by carbon-dioxide bubbles. No different, he thought, from the carbon-dioxide gas formed in the stomach when calcium carbonate reaches the hydrochloric acid in the stomach. Observing the power of the gas bubbles, he then understood why 30 percent of patients can't tolerate calcium-carbonate supplements. So this clever scientist tried replacing the carbonate with calcium citrate for these patients—no more gas, no more bloating. Then he induced a manufacturer to produce this product, which is called Citracal®.

Your Society tried it on a number of patients. Sure enough, no more gas.

It couldn't have happened at a better time, because the Society was launching an all-

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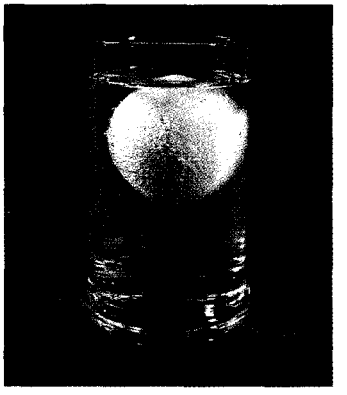
Together we have made a difference. Your continued support will enable us to explore more ways in which to relieve humanity of painful afflictions and premature deaths.

Urologist Dr. Charles Pak of the University of Texas Southwestern Medical School with his Citracal® (calcium citrate) pills.

out campaign urging our members to take calcium supplements to possibly prevent broken hips in later years. Preventing broken bones wasn't the only reason for recommending calcium. The Sloan-Kettering Institute had found reason to believe that adequate calcium might prevent colon cancer.

After we recommended Citracal in the **Post**, so many of our readers wrote us and complained that they couldn't find it in their local stores that we voted to supply Citracal as our health gift for this month to our contributors. Because you are helping others feel better and live longer by your generous contributions to our research, we hope that you or perhaps a loved one will try this calcium supplement. Those who get gas from taking calcium-carbonate preparations will find it's a godsend.

Wouldn't it be great satisfaction to know that your tax-deductible gift helped to send these diseases to the bone yard—and introduced you to Citracal, the calcium supplement we hope will keep you standing tall? Just filling out the card or coupon and sending it to the Saturday Evening Post Society will do it.



The powerful tiny bubbles holding up the egg demonstrate why many people get gas when they take calcium carbonate.

If you can send a tax-deductible contribution, we'll send you a sample bottle of Citracal as it was formulated by Dr. Pak. It's our way of saying "thank you" for allowing the Society to continue widening the knowledge of cancer and other killer diseases that will, we hope, one day be but footnotes in medical-history books.

The Saturday Evening Post Society
P.O. Box 567 • Indianapolis, IN • 46206

Yes, I want to stand tall by adding Citracal®, calcium citrate, to my diet. Please send me a 100-tablet bottle. I'm enclosing a contribution to the medical research for: ☐ cancer prevention ☐ heart disease

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Our TV at the Concorde Lafayette didn't work. This left no alternative but to take my dear wife's word that the Arc de Triomphe was within walking distance. We would be several miles into the journey before it occurred to me that everything *is within walking distance if a man has the time, the lungs, and the legs for it. We were lucky to find a Burger Chef on the Champs-Élysées, or today the "Tomb of the Unknown Tourist" might well be competing with the Arc for attention.*

After a career of constructing iron bridges in South America, Alexandre Gustave Eiffel built his 984'¼" tower for the Paris International Exposition of 1889. Its purpose was to prove the versatility of iron. I might have shared with Lois and our son, Michael, the thrill of standing in line for over an hour to take an elevator to the top. But soon she opened several loopholes for me to squeeze through. One, Mr. Eiffel had given his tower a life expectancy of 10 years. On a blank page in my head I subtracted 1889 from 1986 and came up with 97 years the thing had already survived. Two, the tower is sinking so noticeably that several shops on the third level have already been relocated. Three, the tower weaves in the wind. Four, I am a coward. Five. . . five wasn't necessary.

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Hazards of Art

"I never got so sick of chestnut trees, statues, flower gardens, and lovers in love in all my life."

by Maybelle Goodstein

If you believe the brochures' come-on that you can "do" both Paris and London in only ten days, I have news for you: it can't be done. Moreover, by the time you get home, you'll have trouble remembering if that boat trip on the Seine was in London or Paris. Or was it the Thames? And did you view the Crown Jewels in Westminster Abbey, Saint Luke's, or Notre Dame? Resorting to my notes, I find they were on display in the Tower of London. Which borders on the Thames. Or is it the Seine?

By "art" at the Moulin Rouge, I refer to the gorgeous costumes, the elaborate stage settings, and the artistry of the stagehands who change those settings so incredibly fast. So fast, in fact, that much of the time the poor girls don't have time to get fully dressed. And what they do manage to throw on could be slipped into a sandwich bag already occupied by a bacon/lettuce/tomato.

After the last King Louie, the Palace of Versailles near Paris was sacked and everything in it sold outside the country, the French being afraid to buy the stuff. Thus the furnishings we would see were not originals, but of that period. Because we would be carried through the only open wing of this tremendous structure on a tide of humanity, it didn't matter a whole lot whether the furniture was original or not. I got a good look at the paintings on the ceiling because that was the way my head was twisted. And with the Great Hall of Mirrors and an occasional glimpse of the wall art, I came away with the impression that the palace would outdo anything Freedom, Indiana, had to offer.

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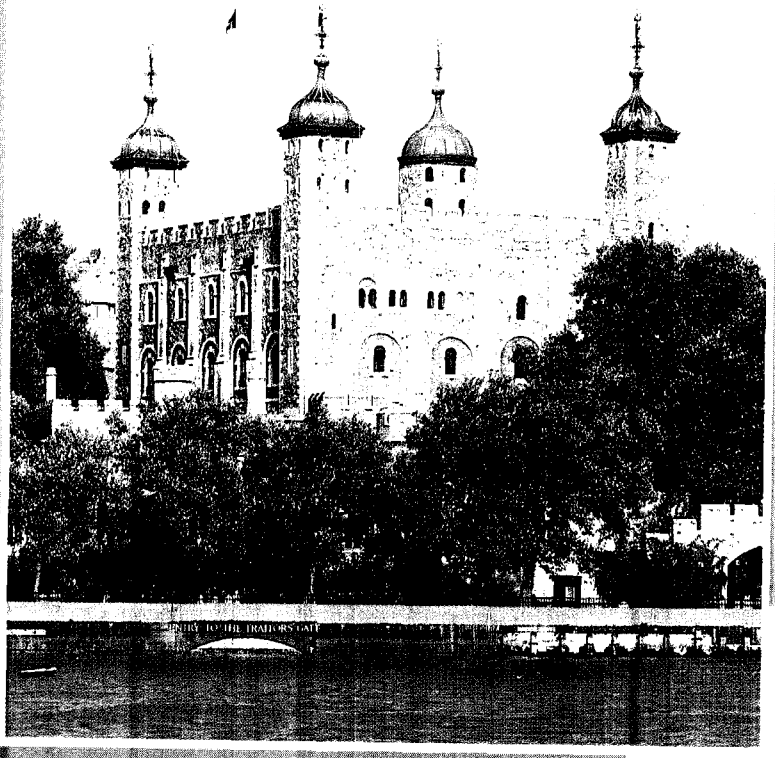
When it comes to recollections, no one who puts pen to paper for a living can easily forget his visit to Stratford-upon-Avon (not "on," please) where Mr. Shakespeare eked out a living plying his trade. Two million visitors a year are said to come to the bard's birthplace (right), a popular day trip from London. I can vouch for the number, because they all came the day we were there. Only two places in Stratford are a must—three, if you want to enter the 14th-century church and walk to the altar where Shakespeare is buried. I didn't.



If you think the Tower of London is a single tower, you're as far off base as I was. The inner wall alone was defended by 13 towers. The whole complex, covering 18 acres, has served as both a palace and a prison. It has housed the Royal Mint, the public records, an observatory, and an arsenal. Until 1834 it housed the Royal Menagerie. Today the main attraction is the Crown Jewels. Luckily, none of the Crown Jewels were for sale. We stopped dead in our tracks at the very spot where Anne Boleyn and numerous others had also stopped dead in their tracks, courtesy of an ax with which they were beheaded.

The other must in Stratford, of course, is Anne Hathaway's cottage. The Hathaways evidently being short in stature, we were warned to watch our heads. I watched mine hit every doorway as we toured the rambling old structure and viewed the original furniture, much of it roped off. Big deal! It was about like the stuff we have at home. Somehow I got a closer vision of the great writer here—could even see him sitting on the lovers' bench with Anne—than at the Shakespeare homestead down on main street. Perhaps it's because the Shakespeare house had been converted into a pub before becoming the tourist attraction it is today.

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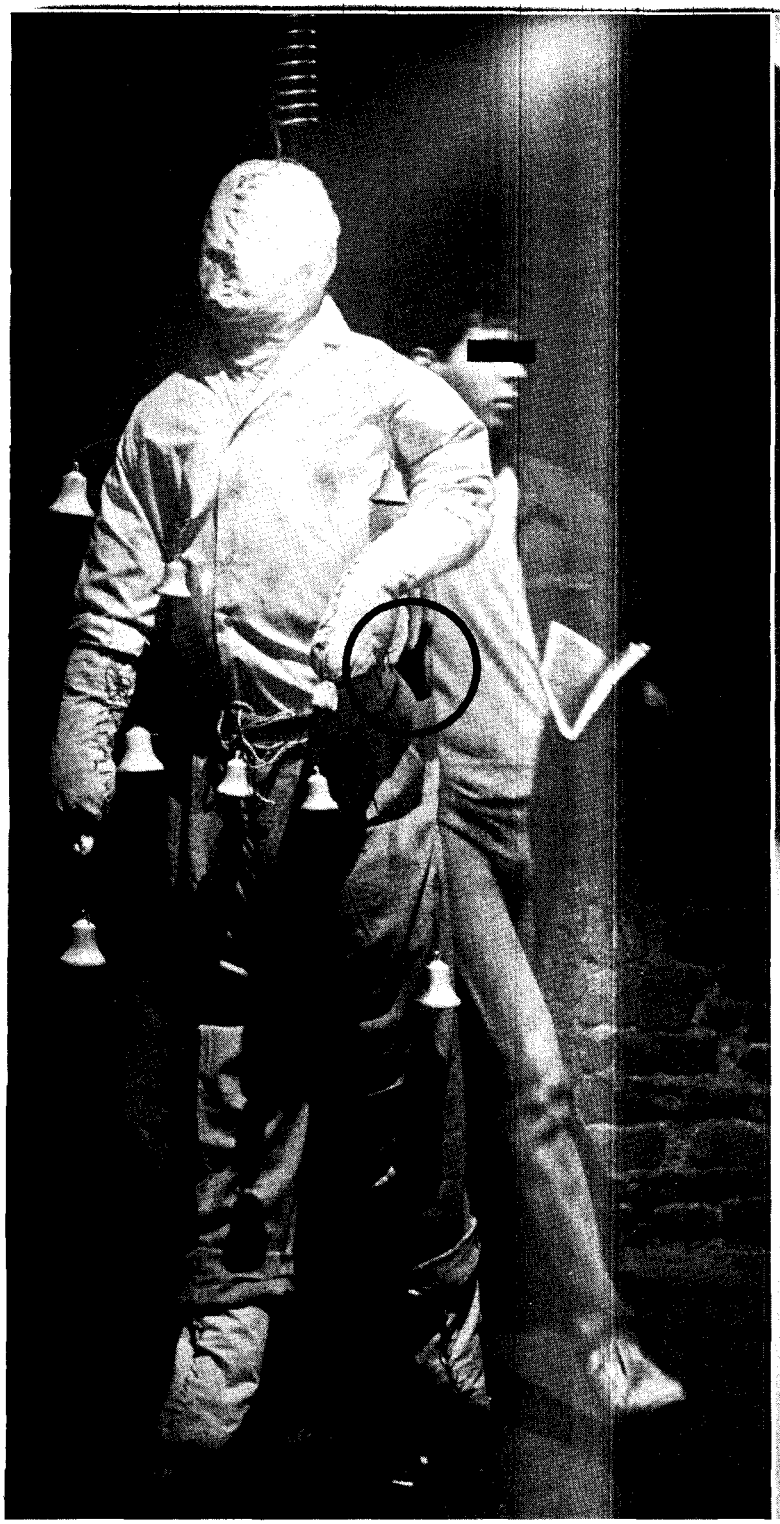

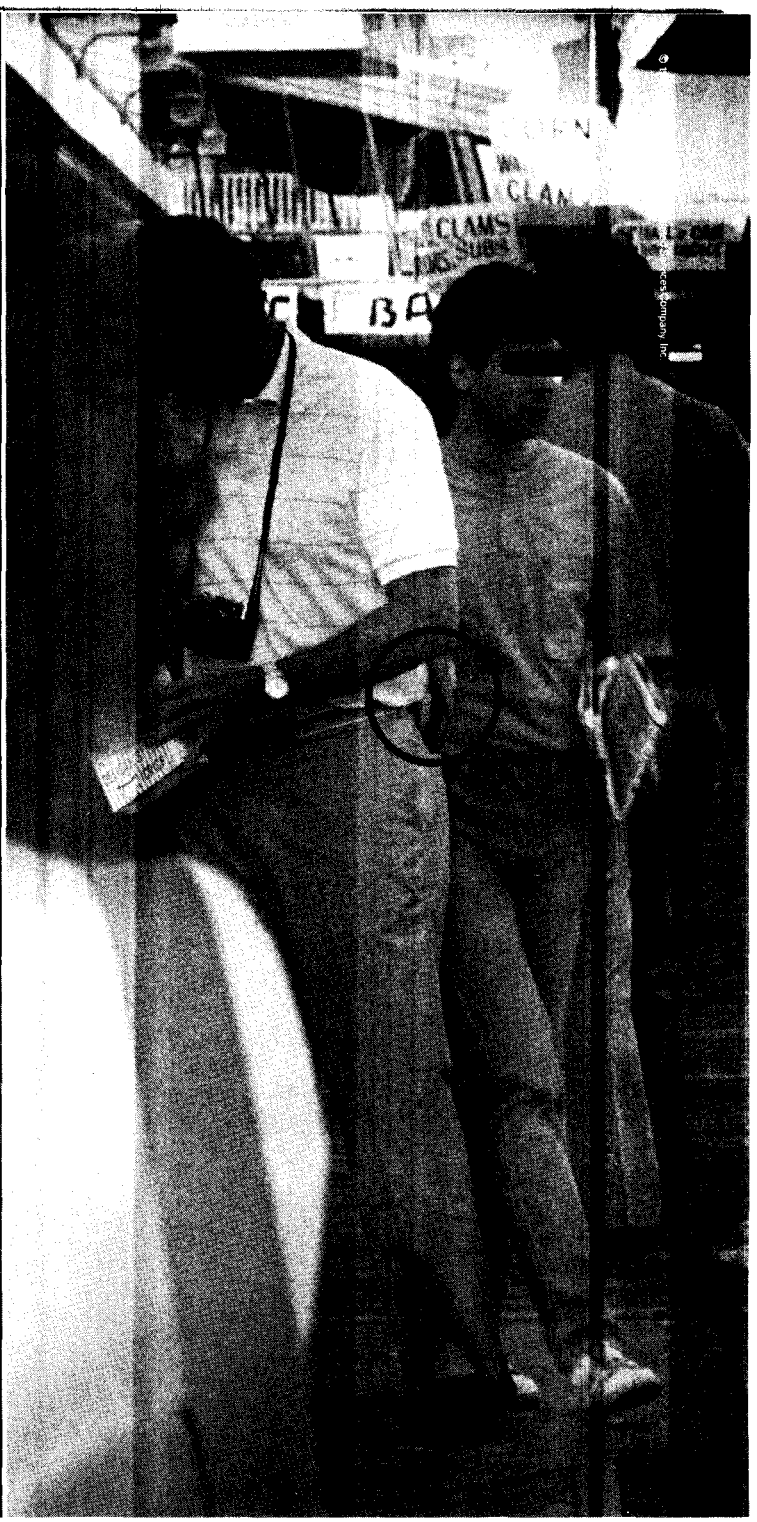

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there's no pocket he can't pick.

What you see before you is the final exam at a real school—The School of Ten Bells. It's where students study long hours on a touch-sensitive dummy.

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LAWRENCE WELK'S LITTLE BIT OF HEAVEN

Come to the Hidden Valley, set between the blue Pacific and panoramas to the east.

by Charlene Faris

When Lawrence Welk first saw the "Hidden Valley" just north of Escondido, California, in 1964, he described it as a "little bit of heaven right here on this earth." Now, 22 years later, the Lawrence Welk Resort Village, nestled within a scenic valley of the Merriam Mountains, 15 miles inland from the Pacific Ocean, is Welk's dream come true. It's become a "little bit of heaven" for its more than half a million visitors each year.

Within this 1,000-acre retirement and resort complex, the Village is a vibrant community by itself. It features a 98-room motel, 64 vacation-resort villas (52 more are planned), two golf courses, a restaurant, and a famous dinner theater. Tree-lined walkways lead to the shopping village with its unique shops, a deli, a home-style bakery, and a market.

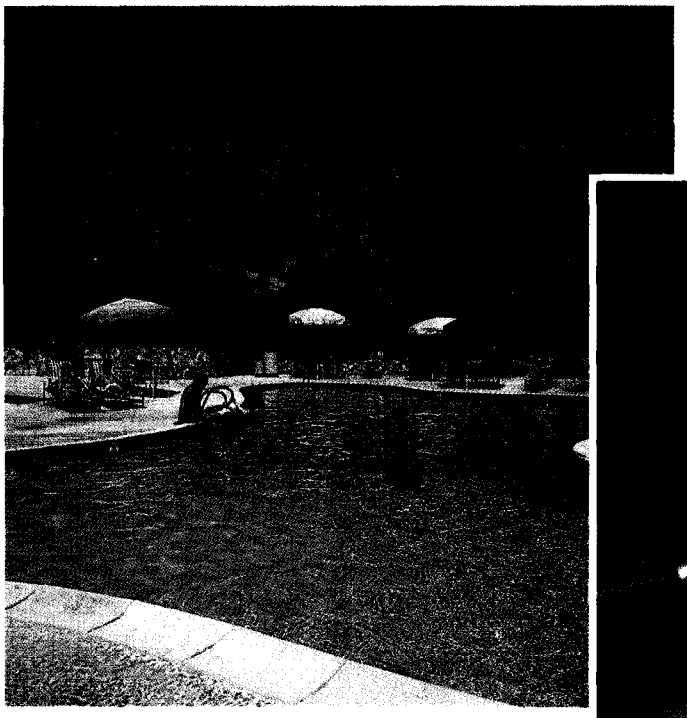
The Village's four-star restaurant has an enviable reputation for fine food and entertainment. For the price of a $24.50 ticket, you can dine and dance into an evening that bubbles over with fun. The ticket price includes a lavish buffet, dancing with the Welksters, and sometimes even a surprise visit from Lawrence and Fern Welk.

The 330-seat Village Theatre, where movie and television personalities are featured, is the focal spot of the Village. The theater recently won seven Drama-Logue awards, one of the most prestigious awards for achievement in live theater on the West Coast.

A Village must-see is the Welk museum, in the lobby of the Lawrence Welk Village Theatre. Here you will find pictures, newspaper stories, and other memorabilia of Welk's career, from his early life on a North Dakota farm to his later success that kept his show on the air an unprecedented 28 years.

The excitement of nearby San Diego is also available, with its well-known harbor, Sea World, LaJolla Caves, Scripps Aquarium-Museum, Balboa Park, and the famous San Diego Zoo. The closest attractions are the San Diego Wild Animal Park (a sprawling 1,800-acre sanctuary where wildlife roam freely), the old mining town of Julian, and eight wineries.

The Village is becoming one of the finest resorts in California. The key to its success lies in the famous maestro's commitment to provide the highest quality in service and entertainment. Welk continues to attract those special people to his organization who reflect his same warm, honest integrity, his desire to please, and his feeling that he will be happy only if you are happy. And that's what it's all about in the Village.



Situated in a valley surrounded by lofty hillsides dotted with huge boulders, the Village exudes a certain tranquillity. (Right) A well-known accordion player sometimes serenades his mealtime guests.

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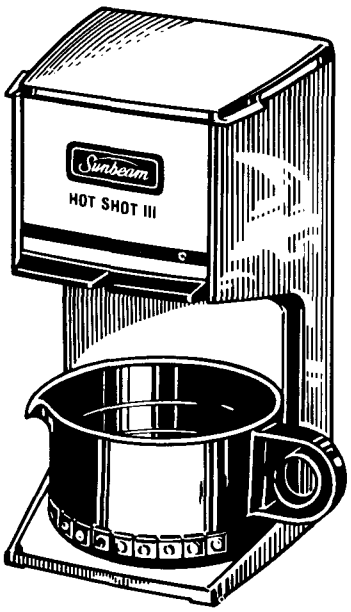
HOT BEVERAGE MAKER



Makes hot water fast for instant coffee, tea, soups, cereals and cocoa drinks . . . heats up to 12 oz. of water in about 90 seconds at the touch of a lever. It's quick, convenient, energy-efficient, too! With stainless steel tank for long life, heat and dispense levers, signal light . . . even a handy utility cup for pouring or serving. Attractive almond exterior.

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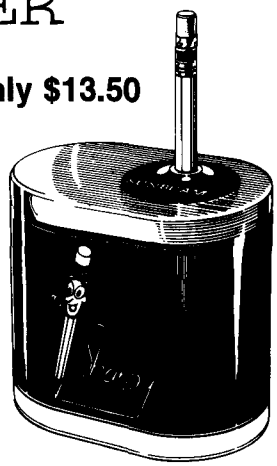
Use anywhere—desk, den, office, school, plant, kitchen, bedroom. Turns on automatically when pencil is inserted, off when removed. Cordless, battery-powered—takes four AA Penlite batteries—delivers hundreds of sharpenings! Snap-off shavings receptacle safety feature prevents operation when removed. Tool-steel-hardened cutting wheel. Brown with beige trim.



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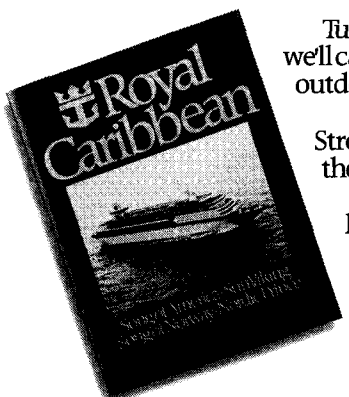

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The Post Reader Service Center

Cruise exciting destinations including the **Caribbean, Bermuda,** the **Bahamas, Alaska, Mexico,** the **Mediterranean,** and **Hawaii.** Many savings, group discounts available. Call toll free 1-800-327-0699, A AAABCO, the cruise specialist, or circle 1

Relive the glorious days of showboating aboard the Goldenrod Showboat dinner theater, on the historic **Saint Louis, Missouri,** riverfront. Enjoy a delectable buffet and a hilarious live stage show aboard this 76-year-old national historic landmark. All aboard, just for the fun of it. Send for your free color brochure. Circle 2

Cajun-Creole cooking is hot! And Luzianne coffee with chicory has been a Cajun-Creole favorite for generations. Our new brochure offers guides to good coffee, the tradition of coffee with chicory, and recipes for Cajun-Creole drinks, desserts, and main dishes. Send 50¢ to cover postage and handling. Circle 3

Historic **Amana, Iowa**—for more than 100 years, ancestors from these communal villages preserved fine German craftsmanship and extraordinary food. Today, the communalism is gone, but the seven unique villages greet visitors with traditional hospitality, fine woolens, handcrafted furniture, tempting foods, and exceptional old-world charm. Located in the heart of lush, rolling Iowa heartland. Call 1-800-78AMANA or circle 4

Don't let a **bladder-control problem** stop you from leading an active life. Get back into life with Depend. For more information write to Kimberly-Clark Home Health Care, Depend Customer Service, Neenah, WI 54856, or circle 5

Colony Square Hotel, in the heart of **Atlanta's** arts and theater district, has large, luxurious rooms and suites with elegant personal touches; 24-hour room service. Fine restaurants, lounges, and nightly entertainment. Extensive conference, meeting, and banquet facilities. Swimming pool, health club, and racquetball available. Find out more—circle....6

Daytona Beach, just for the fun of it! Glistening beaches, great entertainment, golf, tennis, jai alai, greyhound racing, championship motor racing. Florida's best family-vacation resort is close to Walt Disney World, Epcot Center, and more. Find us along I-95 at I-4. Call 1-800-535-2828 toll free; in Florida, call 1-800-854-1234, or circle 7

Experience living history in **Savannah,** the nation's largest national urban-landmark historic district and **Georgia**'s mother city. Vacation-planning packet of brochures offers beach, city, and inn accommodations, and restaurants, sightseeing, and recreation maps. For free Savannah packet, circle.....8

Comfort Inn Buccaneer, Jekyll Island, **Georgia**'s newest and only full-suite oceanfront resort. New suites equipped with your choice of private whirlpool, kitchenette, or wet bar. With each night's stay, receive complimentary breakfast buffet, and guestwarming. Special daily, weekly golf rates available. For more information, circle 9

Busch Gardens, the Dark Continent, blends 300 acres of exciting rides, shows, and attractions with one of the nation's top zoos—all on the theme of old Africa. This year's additions are a spectacular elephant display and the "Moroccan Palace" theater, with its "Kaleidoscope" revue. Open daily. More information available; circle.....10

Saint Simon's Destination represents the island's finest oceanfront condominium resort. Enjoy all the island has to offer—golf, tennis, bicycle riding, beaches—while staying in a luxurious one-, two-, or three-bedroom condominium. Call (912) 638-5450, or circle 11

Quality Inn Buccaneer offers quality accommodations at a quality price. Jekyll's beautiful oceanfront resort offers fine dining, spacious rooms overlooking the Atlantic, and a variety of hotel and island activities. Special daily, weekly golf rates available. Plan today; circle 12

Wander Indiana. There's always something to celebrate in Indiana. We have hundreds of fun-filled festivals so you can Wander Indiana all year long. For information on wandering through Indiana, circle 13

Enjoy the mystique of **Texas** ranging from the Old West to the new frontiers of space. That state's world-famous hospitality is emphasized during this sesquicentennial birthday year with more than 5,000 planned events. Send for your free booklet today. Circle.....14

Pennsylvania Dutch Country, Lancaster County: Journey through another country—Pennsylvania Dutch country. Send for your free Lancaster County Map & Visitors Guide to attractions, restaurants, shops, and lodging. Circle 15

One trip to **Iowa** will show you why Iowans are proud of their state. An Iowa vacation can be a weekend of exploring historic villages or canoeing a rushing river. Plan your trip around one of the colorful ethnic festivals or the granddaddy of all state fairs—as much excitement or relaxation as you desire. Circle.....16

Royal Caribbean Cruises—7, 8, 10, or 14 days visiting the popular ports of call throughout the Caribbean, the Bahamas, Bermuda, South America, Mexico's Yucatan, and the Gulf of Mexico. See our ad in this issue. For free details, circle 17

Just 30 minutes west of Saint Louis, **Six Flags over Mid-America** takes daily adventure to new heights aboard COLOSSUS, an 18-story-tall giant wheel. There are also more than 100 down-to-earth adventures, from thrill rides to musical shows, in a 200-acre theme park. For a free brochure, circle.....18

Celebrate our 40th birthday during the summer of 1986. **Holiday World Theme Park** in Santa Claus, Indiana, has more than 60 rides, live musical shows, and unique attractions at this fun-for-all-ages, pay-one-price park. For a free brochure, circle 19

New Orleans presents the Civilized Summer. No other city offers so much vacation with a quarter—the French Quarter. Unclouded, uncommon and, this summer, underpriced. A taste of Europe close to home. Cool drinks on a sidewalk cafe. Cool jazz in a Bourbon Street club. Cool breeze on a riverboat ride. Send for free summer-package brochure. Circle 20

Send for your free **Oklahoma** vacation-planning packet featuring parks and resorts, camping, lakes, outdoor recreation, events, Western attractions, plus discount coupons worth up to $1,000 in vacation savings. Oklahoma, America's frontier lake state, is waiting for you! Circle ...21

It's the celebration of the century! Nineteen eighty-six marks the 120th birthday of **Kansas,** and the whole state is "coming alive" with exciting ways to celebrate. Send for your free Kansas travel packet full of ideas on how you can join the party; then get yourself in a state of celebration! Circle 22

If you would like information for any of the offers above and the response card is missing, circle the entry or entries that interest you, tear out this page, and send it with your name and address to: The Saturday Evening Post, *P.O. Box 2810, Clinton, IA 52735-2810. Any checks or money orders should be payable to* The Saturday Evening Post. *Also include $1 for postage and handling—U.S. currency only. These offers expire November 3, 1986.*

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Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.

LUYTIES PHARMACAL CO. followed up on this belief and has been manufacturing a complete line of homoeopathic products since 1853, including Dr. Schuessler's tissue salts. These lactose-based, safe and effective tablets are manufactured in accordance with the Homoeopathic Pharmacopoeia method to ensure "purity, quality and accuracy."

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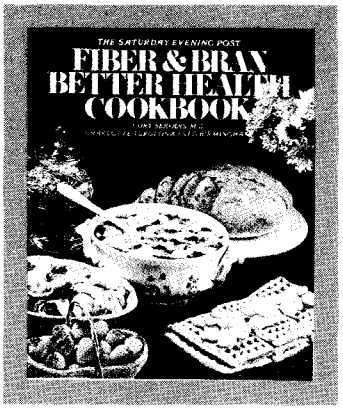

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Etiquette

continued from page 53

technique hasn't already given the impression that you are spearing frogs, this action will do it. And holding the knife in one hand and the fork in the other not only looks menacing, but if someone across the table is gesturing with his knife at the same time and your blades touch. . .well, duels have resulted from less.

• • •

Acceptable as your conduct may be, you still won't be earning many points without a working knowledge of the flatware semaphore code. Recognized at dinner parties the world over, this code signals the status of the diner.

While you eat a piece of the hardtack that passes for rolls at these spreads, or while you take a drink, the knife and fork should be placed in the "rest" position, with the fork lying across the center of the knife blade at a 90-degree angle. Otherwise, the waiter will whisk away your plate before you can grab your bubble gum, and you'll be left to play tiddlywinks with your hard-roll crumbs until the next course is served.

When you *are* finished wrestling with the piece of resistance, place your knife and fork parallel on your plate, with the prongs of the fork down and the blade of the knife facing the fork. This universal symbol says, "Waiter, I've had it!" If you should turn the fork tines up or the knife blade away from the fork, you could sit there till doomsday.

After everyone has signaled "quits," the table is cleared of dinner plates and unused silver that hasn't found its way into pockets or purses; the table is crumbed, stopping all games of tiddlywinks, and the dessert plates are served, along with the finger bowls. The finger bowl will be to the upper left of your plate; the dessert fork to your left, the spoon to your right. Reaching over to the finger bowl, simply tippy-finger in; unless you are prone to sloppiness, the rules sanction brushing wet fingertips across your mouth. If not done to excess (in other words, wait until you get home to wash up), there will be no need to dry your face with your napkin, which is probably back on the floor anyway. If you should by mistake drink from your finger bowl, just keep on talking. Never ask for a refill.

• • •

There are still more "don'ts" to a dinner party than you can shake a carrot stick at:

Don't chew with your mouth open. Take the time to swallow before answering your neighbor's query: "How come they invited you?"

"Are you between marriages or divorces?"

Don't smack your lips or rub your stomach or burp to show appreciation for a good meal. If your stomach begins to rumble in protest of the treatment it's receiving, don't try to blame it on street traffic. Just talk above the sound.

If you knock over a water glass, don't jump up and begin mopping with your napkin; often, the water will cascade into the cleavage of the woman across from you, at which point it becomes *her* problem.

Don't pick up a utensil dropped on the floor, unless you were going to retrieve your napkin anyway.

Piece of gristle on your meat? Don't finger the culprit. I dispose of something like this rather neatly, by scratching my ear and dropping the offending article into my sleeve. Then it's a simple matter to put my hand in my pocket and let the gristle drop out to join the olive pits, the stones from the cherry pies, and the pebbles I'm always finding in the baked beans. Until you've practiced at home, it's better to chew the gristle into pieces as small as possible, then tongue them onto your fork or spoon and lay them on the rim of your plate.

If you have to blow your nose, don't make a big production of it. Just make sure you use your handkerchief and not the napkin, which is probably on the floor again by now. Finally, don't get up from the table until the hostess rises—unless you are asked. And if you've been paying attention, you have learned enough to be there right to the bitter end.

Second Banana

continued from page 34

were driving to the studio, Mr. McMahon was in the back seat, changing the baby's diaper."

McMahon enjoys his reincarnated role as a father. He even personally mixes the formula for his baby daughter. "I feel like Louis Pasteur or one of the other world's great chemists," he exclaims. When the baby doesn't respond as she should, however, he worries. "By a few months, so say some experts, she should be rolling over. She wasn't. So I got down on the living-room carpet and demonstrated for her how it is done. That might sound strange to you, but when I raised my first family, I was so busy running from town to town just to make a dollar, I didn't have the time to worry about things such as this. Now I do."

On March 20, 1986, hundreds of McMahon's fans gathered outside the Roosevelt Hotel to watch as Ed and his wife unveiled his star on the famous "Walk of Fame" along Hollywood Boulevard. The new star is located next to one honoring his lifelong idol—W. C. Fields.

Perhaps that will be the highest honor ever given to Ed McMahon— after all, how often does something like this happen to your next-door neighbor?

Even Mr. Fields would have been proud.

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$5 Wrinkly Pups

As part of a nationwide publicity campaign, a leading New York firm will give away its most expensive stuffed animal doll—the sensational best-selling wrinkly pup that is taking America by storm—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 28, 1986.

This *original* publicity ad must accompany your request. No copies or photostats.

These are the same famous wrinkly Shar-Pei Plush Puppies™ nationally advertised in leading media across America. Modeled after the rare breed of priceless Shar-Pei dog (you may have seen one of these pups on a top-rated prime time TV show), each stuffed doll has the floppy ears, soulful eyes and *lovable wrinkles* that have captured the hearts of children everywhere.

Irresistibly huggable, these wrinkly Shar-Pei puppies *stretch out to over a foot long.* They are great big *huggable* puppies your children can actually put their arms around and really make friends with.

The cutest, most lovable—and *wrinkliest*—dolls you've ever seen, these wrinkly Plush Puppies™ are perfect "pals". Every child in America would love to own one—so don't miss out by responding too late. These are the fastest selling and most popular pups ever sold by this multi-million-dollar firm.

These wrinkly Plush Puppies will *not* be sold at this price by the company in any store. There is a limit of two (2) pups per address at this price, but if your request is mailed early enough (before Dec. 22) you may request up to 7. Each wrinkly pup is covered by the company's full one-year money-back guarantee.

To order, mail this original publicity ad (no copies or photostats) together with your name and address and $5 for each pup. Add $2 shipping and handling per pup. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RTM Co.* Mail to: **RTM, Plush Puppy, Dept. 150-110, Box 1080, Hicksville, New York 11802. (A42200)**

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Clean Water

continued from page 83

Some elaborate systems combine water treatment and purification. Less-expensive portable systems are often available at hardware and home-improvement stores. Check with at least two sources for price comparisons after you select the best system, and make certain the installation is done by someone you trust.

The Water Quality Association, a 1,700-member industry group representing manufacturers and retailers of point-of-use equipment and supplies, has free information on the different types of water treatment and purification systems. The WQA is headquartered at 4151 Naperville Road, Lisle, IL 60532.

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by September 14, 1986.

Our congratulations and a check for $100 go to Catherine M. Darling, Stamford, Connecticut, for the winning entry in our April 1986 caption contest.

The Space Hero's antics were daring;
The barber and Sonny kept staring—
The razor went "zip!"
Now the real comic "strip"
Is the one that poor Sonny is wearing!

Ornery Kid

continued from page 49

pump out front and a new pickup truck beside the pump. Inside the store was the driver of the truck and the storekeeper, and he saw that it was 20 minutes to 12. The storekeeper was an old man who was sitting on a box talking to the driver of the truck, who was about as old as the boy's father.

He saw the younger man wink at the older one, and he thanked God for both of them, and for the wink, too, because he didn't think people who could wink could be unfriendly.

He told them exactly what he had done, and why, and the men looked at him and at each other until he was all through talking. They both examined the brand-new gun, too. Then the storekeeper handed the gun back to the boy and said to the younger man, "I'll be much obliged to you, Ed, if you'll get this man home in our truck."

They were a father and a son too, apparently, and good friends, besides. Mayo Maloney admired them very much, and on account of them, he began to like people in general too.

"Not at all," the younger man said.

"And I'd like to think we might rustle up a couple of pheasant for him to take home, too."

"That might not be easy to do this hour of the night," the younger man said, "but we could try."

"Isn't there an all-night Chinese restaurant in town that serves pheasant in and out of season?" the old man asked. "Commercial pheasant, that is?"

"It certainly is worth looking into," the younger man said.

The younger man drove all the way to town in silence, and when the boy saw familiar places, he thought in prayer again, saying, *I certainly don't deserve this, and I'm never going to forget it.*

The truck crossed the Southern Pacific tracks to Chinatown, and the driver parked in front of Willie Fong's, which was open, although nobody was eating inside. The driver stepped out of the truck and went into the restaurant, and the boy saw him talk to a waiter. The waiter disappeared and soon came back with

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a man in a business suit. This man and the driver of the truck talked a moment, and then they both disappeared into the back of the restaurant. After a few minutes the driver of the truck came back, and he was holding something that was wrapped in newspaper. He came out of the restaurant and got back into the truck, and they drove off again.

"How's your father?" the man asked suddenly.

"He's fine," Mayo managed to say.

"I mean," the man said, "you are Mike Maloney's boy, aren't you?"

"Yes, I am," Mayo Maloney said.

"I thought you were," the man said. "You look alike and have a lot in common. You don't have to tell me where you live. I know where it is. And I know you want to know who I am, but don't you think it would be better if I didn't tell you? I've had dealings with your father, and he lent me some money once when I needed it badly and we both weren't sure I'd ever be able to pay him back. So it's all right. I mean, nobody's going to know anything about this from me."

"Did they have any pheasants?" the boy asked.

"Oh, yes," the man said. "I'm sorry I forgot to tell you. They're in that newspaper. Just throw the paper out the window."

The boy removed the paper from around the birds and looked at them. They were just about the most wonderful-looking things in the whole world.

"Do they have any shot in them?" he asked. "Because they ought to."

"No, I'm afraid they don't," the driver said, "but we'll drive out here a little where it's quiet and we won't disturb too many sleeping farmers, and between the two of us we'll get some shot into them. You can do the shooting, if you like."

"I might spoil them," the boy said.

"I'll be glad to attend to it, then," the driver said.

They drove along in silence a few minutes, and then the truck turned into a lonely road and stopped. The driver got out and placed the two birds on some grass by the side of the road in the light of the truck's lights about 20 yards off. Then he took the gun, examined it, aimed, fired once, unloaded the gun, fetched the birds, got back into the truck, and they drove off again.

"They're just right now," he said.

"Thanks," the boy said.

When the truck got into his neighborhood, Mayo asked, "Could I get off a couple of blocks from my house, so nobody will see this truck accidentally?"

"Yes, that's a good idea," the driver said.

The truck stopped. The boy carefully nested the two birds in his left arm, then got out, and the driver helped him get the gun slung over his right arm.

"I never expected anything like this to happen," the boy said.

"No, I suppose not," the man said. "I never expected to find a man like your father when I needed him, either, but I guess things like that happen just the same. Well, good night."

"Good night," the boy said.

The man got into the truck and drove off, and the boy hurried home and into the house.

When Mike Maloney got back from walking Archie Cannon home, he was surprised to find the boy asleep on his folded arms at the kitchen table. He shook the boy gently, and Mayo Maloney sat up with a start, his eyes bloodshot and his ears red.

"You better get to bed," Mike said.

"I didn't want to go," the boy said, "until you got back, so I could thank you for the gun."

"That wasn't necessary," the man said. "That wasn't necessary at all."

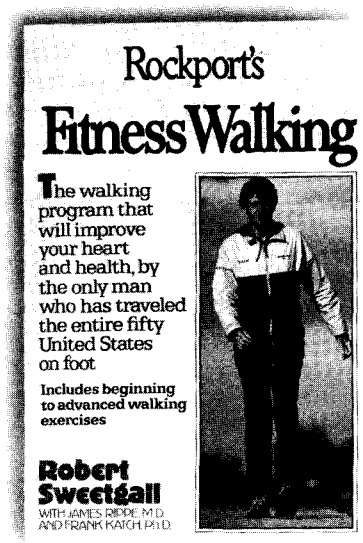
The boy got up and barely managed to drag himself out of the room without falling.

Alone now, the father picked up the birds, examined them, and smiled, because he knew whatever was behind their presence in the house was certainly something as handsome as the birds themselves.

Lake Wobegon

continued from page 45

Home Companion" is the recently renovated World Theater in downtown Saint Paul. A one-time movie palace in the '30s, the World had fallen—before its occupancy by Keillor and crew—onto hard times as an inner-city derelict, abandoned by audiences preferring suburban cin-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ema outlets. (Keillor headlined a live broadcast marking the reopening of the World Theater on April 26.)

Now the World Theater—from which the very *real* Lake Wobegon takes to the airwaves each week—has taken on new luster. One New York listener wrote after a trip to Saint Paul:

"We're so faithful that last spring, on a brief visit to our daughter in The Other Twin City, we drove by the front of the World Theater as if it were a famous cathedral!"

Dede's Fitness Fare

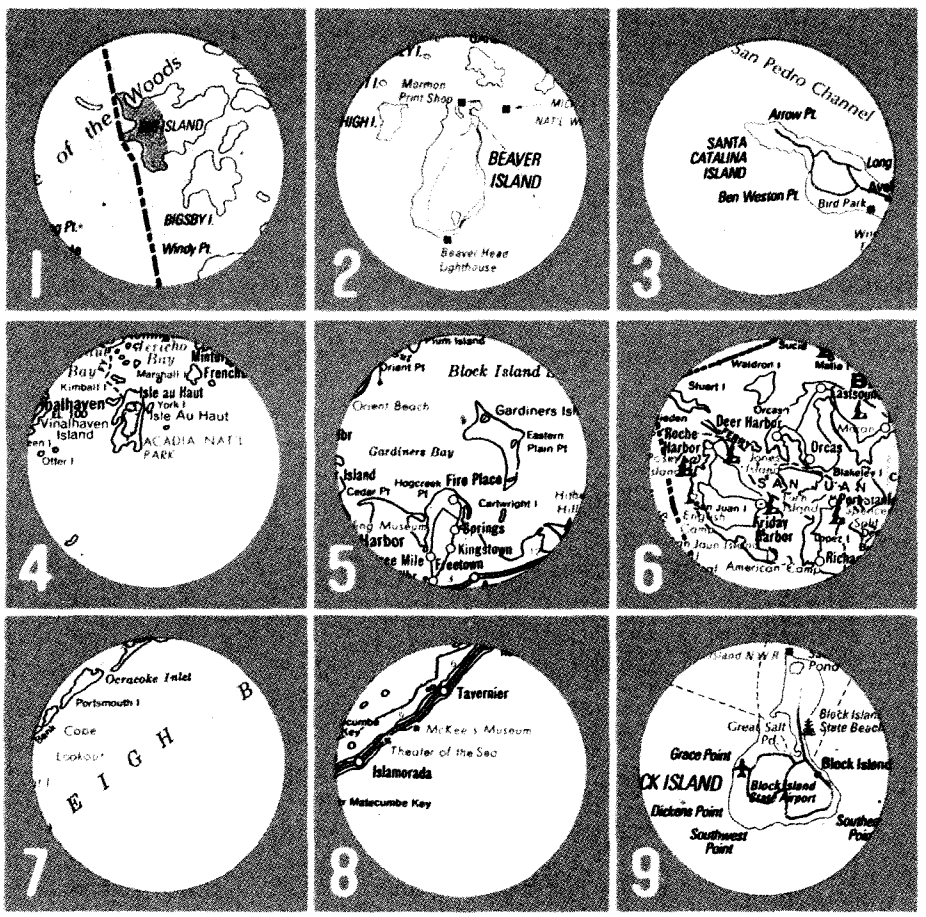
continued from page 67

In large skillet, combine ground soybeans, fat, onion, and garlic; brown lightly. Transfer to large pot. Add remaining ingredients, cover with water, and bring to boil; lower heat and simmer at least one hour.

Ground beef and pork may be substituted for equal amount of ground soybeans.

• • •

"I watch over Pat," Dede says. "I try to keep him slim without his going on these fad diets. None of them works! That's one of the reasons I've stopped baking almost entirely, unless I'm having a party for young women. Then it's fun. But when I'm cooking for friends our age, I know everyone's watching calories, and I don't want to do anything to lead anyone down the primrose path."



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: "Eye" the "land" carefully in your search for clues.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 104)

A favorite company menu at the Robertson house includes colorful Raspberry Chicken, hearty Ratatouille, and airy Spanish Cream.

Raspberry Chicken
(Makes 4 servings)

2 whole chicken breasts, filleted
¼ cup finely chopped yellow onion
½ cup sliced fresh mushrooms
4 tablespoons raspberry vinegar
¼ cup chicken stock or canned chicken broth
¼ cup skim milk
1 tablespoon crushed tomatoes
16 fresh raspberries (optional)

Cut each chicken breast in half and flatten by pressing with palm of hand. In skillet coated with nonstick vegetable spray, brown chicken on both sides. Remove chicken from skillet and set aside.

Add onion and mushrooms to skillet and sauté, covered, over low heat until vegetables are tender (about 15 minutes). Remove mushroom mixture and set aside.

Add vinegar to skillet and cook, uncovered, over moderate heat. Stir occasionally until vinegar is reduced to syrupy spoonful. Whisk in chicken stock, skim milk, and tomatoes; simmer for 1 minute. Return chicken to skillet and simmer until tender; baste often. Before serving, add mushrooms and cook for 1 minute. Place chicken on serving platter. Add raspberries to sauce and cook 1 minute more. Pour over chicken and serve.

Ratatouille
(Makes 12 servings)

1 cup olive oil
4 small eggplants, cut into 1½" cubes
1½ pounds onion, peeled and chopped
7 medium zucchini, cut into 2" strips
2 medium sweet red peppers, seeded, cut into ½" strips
2 medium bell peppers, seeded, cut into ½" strips
2 tablespoons minced garlic
3 cans (16 oz.) Italian plum tomatoes, drained
1 can (8 oz.) tomato paste
¼ cup chopped Italian parsley
¼ cup chopped fresh dill
2 tablespoons dried basil
2 tablespoons dried oregano
Pinch freshly ground pepper

continued on following page

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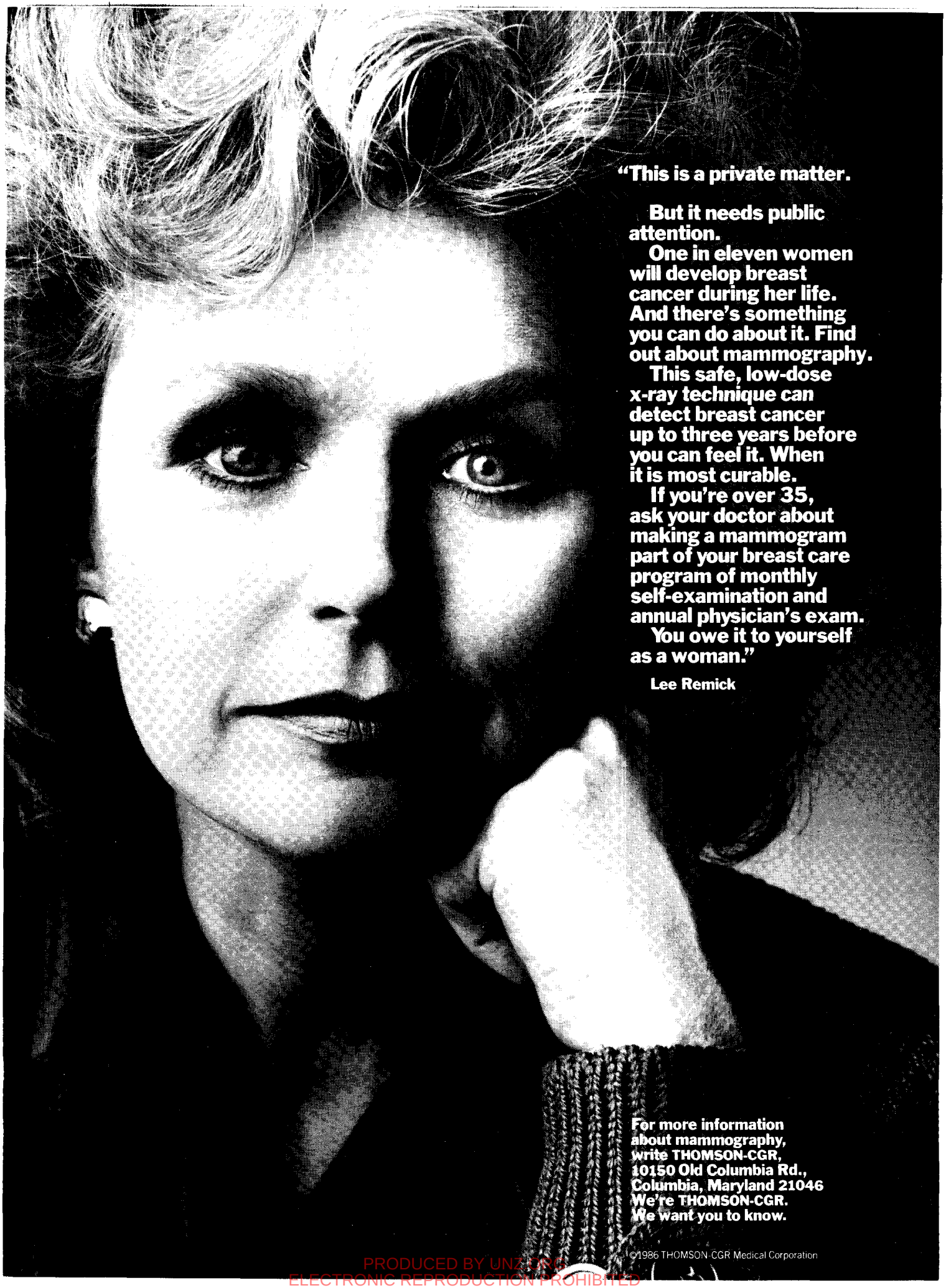
"This is a private matter.
But it needs public attention.
One in eleven women will develop breast cancer during her life. And there's something you can do about it. Find out about mammography.
This safe, low-dose x-ray technique can detect breast cancer up to three years before you can feel it. When it is most curable.
If you're over 35, ask your doctor about making a mammogram part of your breast care program of monthly self-examination and annual physician's exam.
You owe it to yourself as a woman."
Lee Remick
For more information about mammography, write THOMSON-CGR, 10150 Old Columbia Rd., Columbia, Maryland 21046
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Preheat oven to 400° F. Line large roasting pan with foil; pour in olive oil. Add eggplant; toss in oil to coat all pieces. Cover pan with foil and bake for 35 minutes in preheated oven. Remove eggplant pieces with slotted spoon and allow them to drain on paper towel.

Pour remaining oil into skillet. Heat and sauté onion, zucchini, peppers, and garlic in skillet until mixture is wilted and lightly colored. Add remaining ingredients. Simmer 10 minutes; stir occasionally. Add eggplant and simmer 10 more minutes.

Spanish Cream

1 tablespoon plain gelatin
3 cups skim milk
⅓ cup sugar substitute
3 eggs, separated
1 teaspoon vanilla, or ¼ teaspoon almond extract

Soak gelatin in milk for 5 minutes in top of double boiler. Add 2 tablespoons sugar substitute; cook over boiling water until dissolved. Beat 2 tablespoons of sugar substitute into egg yolks; add to dissolved gelatin mixture. Cook over hot (not boiling) water until mixture coats spoon. Chill until mixture is thick and syrupy. Add vanilla and fold in stiffly beaten egg whites with remaining sugar substitute. Turn into a mold and chill until set.

A fruit sauce may be used as a topping, though it will add calories. ✖

Literacy

continued from page 51

district. But 'Sing, Spell, Read & Write' brings the keys to unlock how words are formed. It teaches the sounds of the letters so students are able to break down the words; it really enhances what they're getting in public schools rather than conflicting with it."

The Case for Phonics

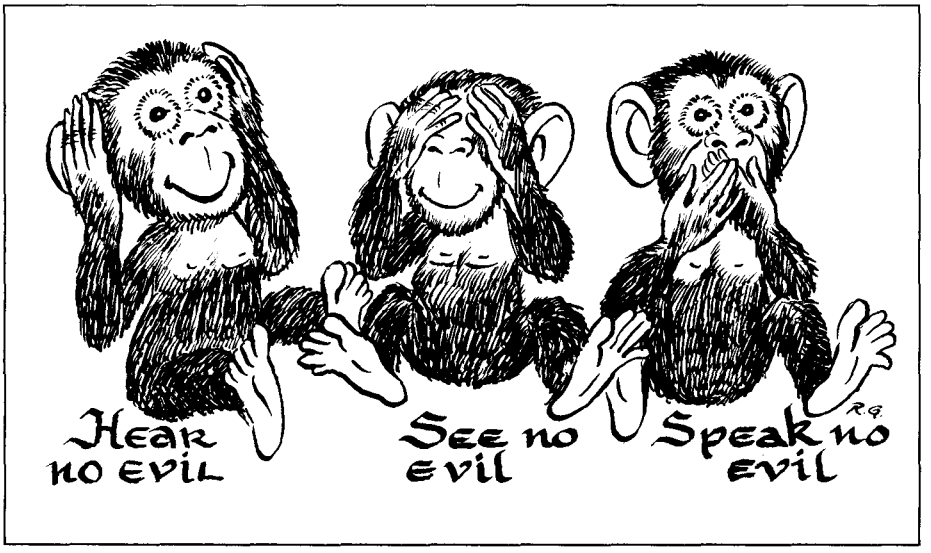
Many students in public schools these days are getting the "look-say" method, sometimes called sight-reading. Developed in the 1930s as a way to teach reading and writing to deaf mutes, the look-say method requires memorizing words rather than breaking them down and sounding them out (the phonics used in "Sing, Spell"). Critics of the look-say method stress that the illiteracy rate in the United States was much lower before the phonics method was discarded in favor of sight-reading. In the opinion of many people today, illiteracy is less of a problem among people older than 50—because they were taught via phonics.

"At one time there was a movement to totally eliminate phonics as a teaching method," Neithammer says. "The reason given was that we have exceptions within our language—words that can't be systematically sounded out. But 66 percent of English is phonetic. 'Sing, Spell, Read & Write' teaches the exceptions as rule breakers and integrates them very well into the program."

In its 15 months of pilot studies, "Sing, Spell" has met with such phenomenal success and enthusiastic reviews that a home version has been prepared for parents who want to give their preschoolers a head start on learning to read. The program has also been modified slightly and offered to adults. A 24-year-old Chicago woman, told she would never read because of a learning disability, was tutored in "Sing, Spell" and is now reading. Prisoners in the Norfolk, Virginia, city jail complained that they were repeating the "Sing, Spell" jingles in their sleep after working through the program, but also admitted they were proud when their improved reading skills helped them pass equivalency tests for high-school graduation. One prisoner said he liked playing the curriculum-related card games because he had never had the opportunity to be a little boy before.

With such victories under its belt, the Heads Up-Sing, Spell team is setting careful goals for the future. Atlanta, Memphis, and Birmingham have recently implemented the program. Harrisburg, Pennsylvania, is taking the initiative and underwriting the program itself. Few funds have to be earmarked for promotion because word-of-mouth endorsements are so enthusiastic. President Reagan has given a glowing recommendation ("CBN's efforts are worthy of the highest commendation. . . ."), and the ranks of satisfied students are burgeoning as "graduates" take the program home and teach brothers, sisters, and even parents to read.

"By this time next year I would anticipate we will have reached more of the adult population," Neithammer predicts. "We'll have hard statistics, personal testimonies, and a list of changed lives." The projections of CBN's president, Pat Robertson, are even more hopeful: "We intend to eradicate illiteracy in America," he says. "To accomplish this we need broad-based support from the private sector and a revolutionary teaching model that makes learning to read enjoyable. We have both." ✖



WHERE DO YOU THINK YOU ARE?
(Answers from page 102)

(Theme: Islands)

1. Minnesota/Ontario
2. Michigan
3. California
4. Maine
5. New York
6. Washington
7. North Carolina
8. Florida
9. Rhode Island

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During its fabulous Pre-Christmas Sale, the giant multi-million dollar New York firm of Abernathy & Closther will distribute its most expensive set of holiday decorations—the famous **Old Fashioned Christmas Ornament Set** nationally advertised at $19.95—for the astonishing Pre-Christmas Sale price of only $2.95 per set to every reader who mails this ad to the company before Midnight, October 31, 1986.

This *original* Pre-Christmas ad must accompany your request. Copies or photostats are *not* acceptable.

*This is the same **Old Fashioned Christmas Ornament Set** advertised by others in leading media for $19.95. *And well worth the price*—for it is the best-selling, most expensive Christmas Ornament Set ever sold by this giant New York firm. But the entire set is yours for only $2.95 during this Pre-Christmas Sale. *You save $17.00—a full 85% off the nationally advertised price!*

You get the entire set of 21 delightful miniatures. Each piece is different and hand-painted in colorful detail. Jolly Santas and roly-poly snowmen, toy wooden soldiers, cuddly bears and animals, merry-go-rounds, sleds, cuckoo clocks, and much more. Not cheap plastic but rich natural wood, hand-crafted with the loving old fashioned skill you hardly see anymore.

These valuable Christmas Sets will not be sold at this price by the company in any store. There is a limit of two (2) sets per address at this price, but requests mailed early enough (before Oct. 25) may request up to seven sets. And each set is covered by a full one-year money-back guarantee.

Mail this original Pre-Christmas Sale ad together with your name and address and $2.95 for each set. Add only $2 shipping and handling no matter how many sets you are requesting. (New York residents add sales tax.) Make check payable to RTM Co. Allow up to 6-8 weeks for shipment. Mail to: **RTM, Christmas Ornament Offer, Dept. 150-109, Box 1789, Hicksville, New York 11802.**

(A24900)

Hint: At this price it pays to order extra sets for a truly spectacular tree—and to hang in your windows too!

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MEDICAL MAILBOX
by Cory SerVaas M.D.

Too late is the medicine prepared when disease has gained strength by long delay.
—Ovid (43 B.C.—A.D. 17?), The Remedies of Love

Mammobile Invited

Dear Dr. SerVaas:

You recently answered a letter from one of our patients regarding the Mammobile.

We would be happy to provide parking space and doctors to examine breasts when you bring the Mammobile to Saint Louis.

Further, our office can offer follow-up exams and other support, including a board-certified radiologist for consultation.

We are dedicated to making the public aware of mammography's breast- and life-saving benefits.

Alan M. Londe, M.D.
Comprehensive Diagnostic Center
Saint Louis, Missouri

Sulfa at the Bottom of It

Dear Dr. SerVaas:

I was interested in the article by Berton Roueché about Eliot Warren, in whom the sulfonamide antibacterial caused persistent hiccups.

Eliot was also being treated for his diabetes with the drug Tolbutamide.

Tolbutamide is one of the sulfonylurea drugs, which are closely related to the sulfonamide antibacterials. Cross-sensitivities between the two classes of drugs are so common that a hypersensitive reaction to one class of drugs should be a contraindication for the use of the other.

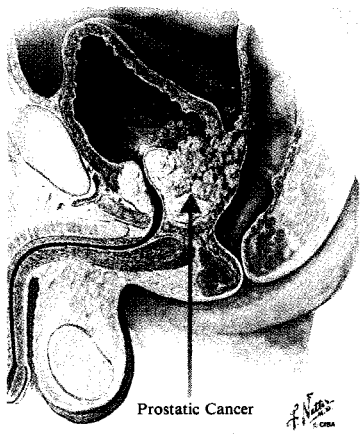
Had his hiccups recurred, the Tolbutamide should have been suspected.

Dave Baulesh, R. Ph.
Morrison, Colorado

Machobile Needed

In a *SatEvePost* cancer-prevention survey of 4,000 men, an astounding 62 percent of the men over age 50 had not had a rectal examination within the past year. Even more disconcerting was the 32 percent—more than one-third of our sample—who had *never* had a rectal exam.

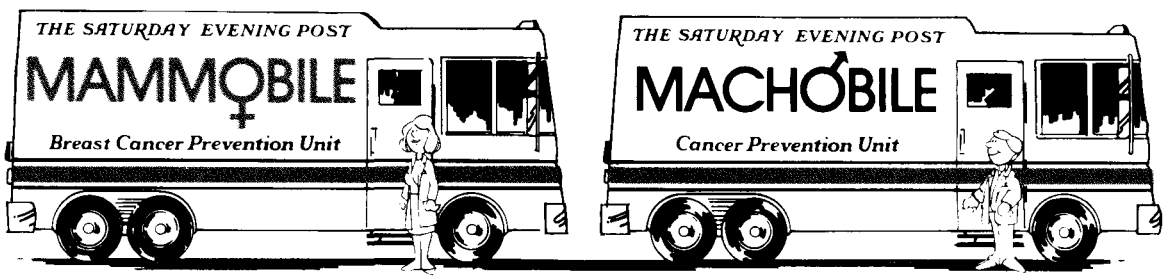
Prostate cancer is the second most commonly occuring cancer and the third largest killer among men, yet it is highly treatable—if caught before it spreads. Tragically, many prostate cancer patients first present themselves to physicians after their tumors have spread. Often back pain from a spreading of the cancer to the spine will be the symptom that brings men to their doctors.



The hard nodules of prostate cancer can be felt by rectal exam. Note proximity to prostate.

After an inspiring interview with Dr. John Donohue, chairman of the Department of Urology at Indiana University, your Society would like to provide a "Machobile" unit for the early discovery of cancer of the prostate, testicles, and colon. "A mobile unit would be a great idea," he said as we discussed the screening possibilities. "I see no reason why the public could not be educated toward accepting a mobile unit coming to their community to help in this respect."

Dr. Donohue explained that there have been some major improvements in the surgical treatment of prostate cancer. Thanks to pioneering work done at Johns Hopkins Hospital, doctors can now completely remove the prostate, yet preserve the nerves that control erection. Therefore, men can maintain sexual potency after this operation.



The Mammobile is saving lives daily. The Machobile is still a prayer away.

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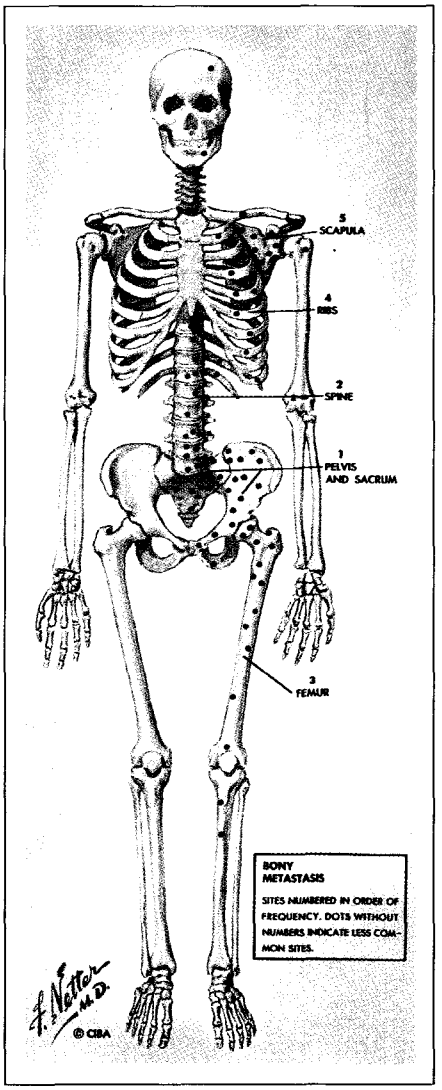
Both early and advanced carcinoma of the prostate may be without symptoms at diagnosis. But more than 80 percent of patients have disease at diagnosis of stage C or D. (Stage C means palpable tumors extend beyond the prostate, but without distant metastasis [spreading]. In stage D, distant metastasis is present.) It is predicted that there will be 76,000 cases of prostate cancer diagnosed this year and 25,000 deaths. In Stage B, palpable cancer is confined to prostate, and Stage A is unpalpable cancer.

We asked Dr. Donohue to bring us up-to-date on the percentage of cancers that have already spread to other parts of the body upon discovery: "Unfortunately, it is almost 50 percent," he says. "The data leading to this conclusion come from a variety of sources, and perhaps it's more discouraging than it should be. We notice that data from the armed forces, where they do routine rectal examinations as part of the yearly health checkup, are better than that. They find more low-stage prostate cancers. But if you take large urban statistics, so many patients do not present themselves to the doctor or to the hospital until they are suffering with advanced disease. If you gather all of those statistics together, about half the patients with prostate cancer have advanced disease. It is something of an indictment of all of us. We should be promoting rectal examinations much more aggressively, and I think the public should be seeking rectal examinations much more willingly," Donohue says.



The most frequent spread of cancer of the prostate to the bone occurs in the pelvis and sacrum. The next most common site is the spine.

"I think that the major thrust of any public-health impetus in prostate cancer must be an awareness of the value of routine rectal examinations," he continues. "This is a simple, cost-effective test that requires simply a gloved finger and some lubricant. With the exception of stage-A disease [tumors too small to be felt], most will be detected if a patient has prostate cancer.

"Something else that people should know about rectal exams is that they are neither expensive nor painful—it may be slightly uncomfortable, but it is not painful. Another thing they should know is that one can screen for other things besides prostate cancer with a rectal exam. One of the primary purposes would be to check the lower rectal area. If one has a rectal tumor, this can be felt. Even more important, we can detect GI [gastrointestinal] bleeding from any source by simply taking a little bit of the stool specimen, placing it on a piece of paper, and doing what we call a stool-guaiac test, which is a chemical test that will detect even occult bleeding. So, I think it's a terribly valuable test—probably the most practical test a person can have, not only to help with prostate surveillance but also in terms of the gastrointestinal tract. It's a very good exam," Dr. Donohue concludes.

We urge the 62 percent of our male readers over age 50 who aren't having yearly rectal exams to have this simple test done immediately.

"I gather this means that it's a bit more serious than you first supposed?"

Pap Smears Underutilized

Of the 11,716 women who answered the question on our cancer-prevention survey, only 50.3 percent of them answered that they have a yearly Pap smear. Dr. Richard Costlow, of the National Cancer Institute, feels that screening with Pap smears is underutilized in the United States. Each year 6,800 women die of cancer of the cervix. He feels we could lower this number by raising the percentage of women getting Pap smears. We urge

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the 49.7 percent of our *Post* readers who don't have annual Pap smears to begin having them yearly.

Hope for High-Lysine Potatoes

Dear Dr. SerVaas:

I know of your great interest in the field of human nutrition, and I have enclosed a preprint of a paper that will soon be published in *Scientific American*. I send it to you now because we have demonstrated the production of the high essential amino acid protein in potato plants and are preparing several papers for publication.

We still have a long way to go before we have plant foodstuffs that contain enough of the essential amino acids to make a difference in the diet of the world's poor. However, I think that we will achieve this in another five years. We have the gene in potato and sweet-potato plants and are working in cassava, rice, and corn.

Best wishes for continued success in your work.

Jesse M. Jaynes
Department of Biochemistry
Louisiana State University
Baton Rouge, Louisiana

Dear Dr. Jaynes:

Because potatoes are such a mainstay in the diet of the poor and can constitute as much as 80 percent of the diet, their nutritional value is obviously most important. You are to be congratulated on this fine work.

We are very interested in genetically adding lysine and other essential amino acids to potatoes. Please let us know when these high-protein potatoes might be available in the United States as well!

Malignant Hyperthermia

Dear Dr. SerVaas:

Would you please clarify statements in my letter (May/June 1986, page 110) regarding malignant hyperthermia.

Paragraph five of the letter says that the niece' son had malignant hyperthermia after a simple appendectomy. MH is caused by patients' allergy to the anesthetic. Malignant means "sudden onset"; hyperthermia means "elevated high temperature." If a patient is known to have this possibility in the family history, proper anesthetics should be used.

Every two months the Malignant Hyperthermia Association of the United States publishes a "Communicator," a brochure of information and letters from people who have lost loved ones to the sudden onset of MH during surgery.

In the last "Communicator" (Vol. IV, No. 3), a "Medic Alert" states CPK levels have been found ineffective as a screening test for MH. They don't operate for malignant hyperthermia.

Mrs. Herb Trandal
Watertown, South Dakota

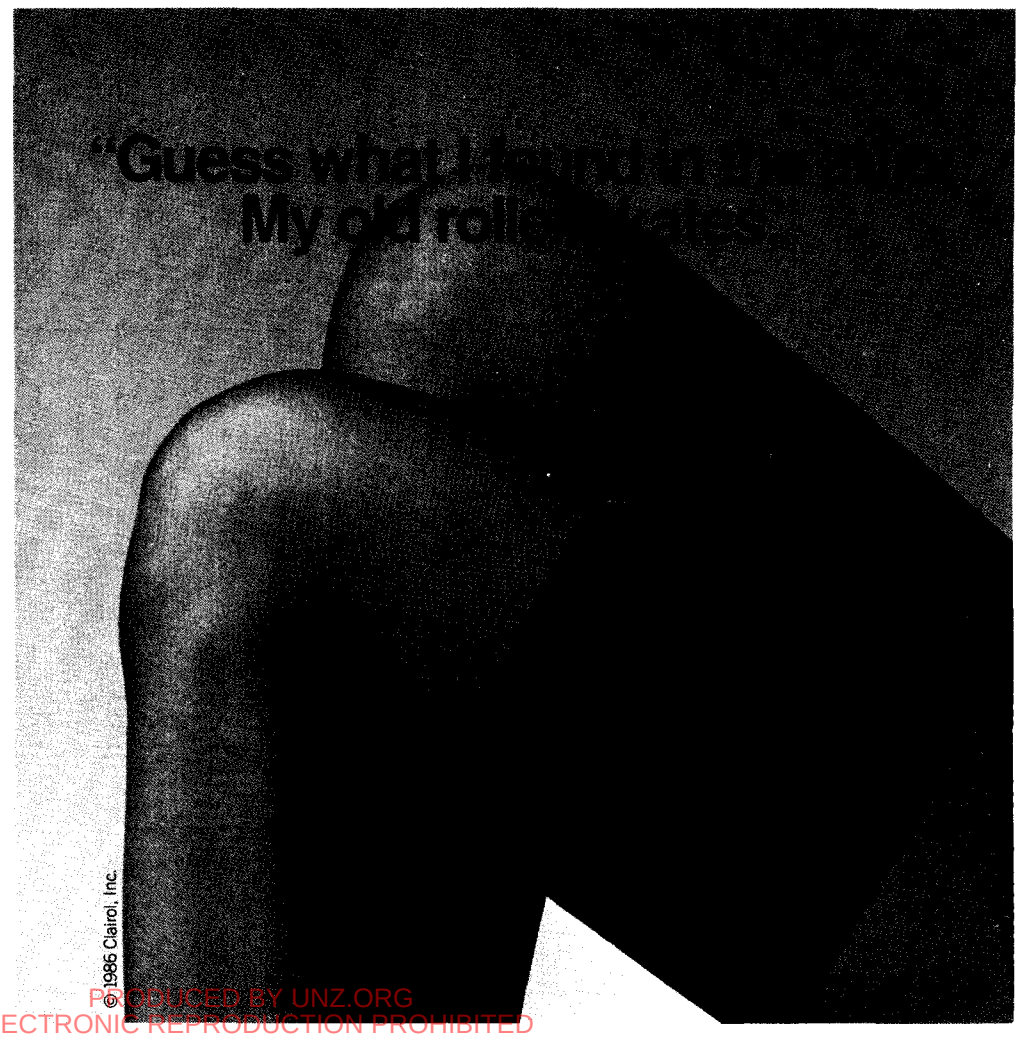
We continue to receive letters on malignant hyperthermia (MH), a rare but serious complication in the use of some general anesthetics. It occurs about once in 15,000 to 20,000 cases using anesthetics. MH was originally fatal in 70 to 75 percent of the earlier cases; with aggressive treatments, death rates may now be reduced to 10 percent.

The symptoms are often found only after the initiation of anesthetic. Body temperature may increase to as high as 110° F.; extremely high heart rates and chemical imbalances may also occur.

Three categories of drugs have been identified as triggers for the reaction. The first group includes potent, fat-soluble anesthetics, including halothane, cyclopropane, and nitrous oxide, among others. The second group includes many muscle relaxants that have also been implicated in MH, including succinylcholine and tubocurarine chloride. The third group includes all amide-local anesthetics, such as lidocaine.

There are a number of screening procedures, but none are without false results—either positive or negative. The most common diagnostic test is to stimulate biopsied muscle tissue to contract by placing it in a water bath containing caffeine and halothane. In some individuals, examination of muscular tissue will show characteristic changes under an electron microscope.

Some studies indicate that other conditions need to be present before the predisposition to MH is actually triggered. Among these are tension and anxiety. This finding may also help explain why some MH patients



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have episodes of the crisis despite previous uneventful surgeries.

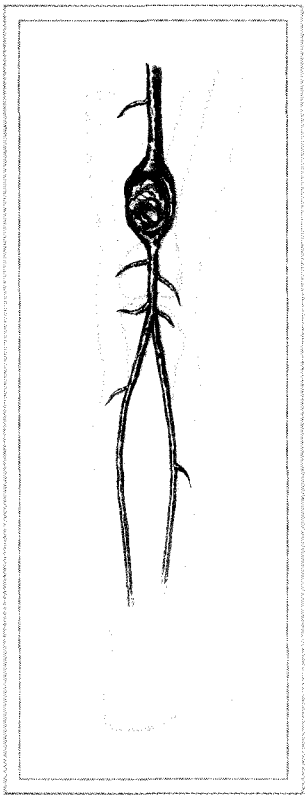
Your Society is attempting to compile a study of case histories of people who have had this surgical complication. We encourage our readers to send us information about problems encountered by themselves, relatives, or friends.

Men: Beware of Balloon behind Knee Joint

When giving male patients a complete physical examination, physicians always feel the popliteal artery—the one that runs behind the knee joint—for exaggerated pulses or for a rhythmic ballooning of the artery instead of the regular pulse.

Ultrasound has revolutionized many of the diagnostic procedures in preventive medicine. For example, a few years ago it took an arteriogram to locate an aneurysm behind the knee joint. Such an aneurysm can cause loss of the limb if surgery is not done in time.

An arteriogram involves injecting dye into the blood vessels to cause aneurysms to show up on X-rays. Now your doctor can use ultrasound and "bounce" sound waves off the artery, not unlike radar. This painless, risk-free procedure is easily done on outpatients.



Any swelling in the back of the knee joint should be checked out immediately. Abnormal swelling of the popliteal artery may cause circulation problems in the lower leg.

If an aneurysm is indeed present, the surgeon will still need to do an arteriogram to judge the adequacy of the circulation in the leg below the trouble. But with the perfection of ultrasound techniques, the arteriogram is no longer necessary for every patient who has a suspicious pulse.

For reasons not yet known, most popliteal aneurysms occur in those over 60; males are nine times more likely to develop them.

If you feel a swelling or an unusual throbbing on the back of your leg behind the knee, see your physician immediately.

That's a Nice Drug You're Wearing

High-tech medicine is replacing the pill with "the patch." Instead of being given pills or shots, an increasing number of patients now receive medication via adhesive patches that simply attach to the skin and last for days. Scopolamine, the first drug to be given transdermally, is used to combat nausea and motion sickness. The patch is particularly useful because it cannot be vomited up as a pill or a liquid might be.

Later, drug companies began putting nitroglycerin in patches. Many patients prefer this form of medication. Pills tend to be rapidly absorbed, which may cause headaches. The patches act more slowly and last much longer.

Another advantage to the patch is the uniform dosage it provides. Pills tend to release large amounts of medication at first—then later they provide too little. Patch administration eliminates these peaks and valleys in the dosage.

The latest addition to the patch pharmacy is Catapres-TTS—a drug used to control high blood pressure. The most remarkable feature of the patch is that it lasts for a week! Giving medication by slow skin absorption reduces the amount needed to accomplish its purpose.

Though not licensed for uses other than hypertension, clonidine (the drug in Catapres-TTS) has been reported to reduce the desire for nicotine. A reader told us a clonidine patch caused her to stop smoking. In surprise, she remarked, "I have lost all desire to smoke!" We will watch for further reports of Catapres-TTS being used to stop smoking.

"Relax. . .they're just discussing their golf scores."

Mal de Ménière

Dear Dr. SerVaas:

I always read your interesting articles about different ailments, but I am anxious to find something about Mal de Ménière. I am suffering from this terrible ailment and would like to read in *The Saturday Evening Post* a complete description of this evil sickness. I have gone completely deaf, and the noises inside my head drive me to even think of suicide. I am 77 years old, and as I am deaf, my doctors do not explain to me what the course of this disease is—where it leads to—and so I am in the dark.

Marina Herzog
Santurce, Puerto Rico

Mal de Ménière or Ménière's disease is an inflammation of the acoustic nerve. It causes head noises and deafness in the affected ear and im-

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pairs balance, for the balance organ and its nerves are also involved. The cause of the malady is yet unknown, but many physicians suspect that virus infection in the nerve could be the cause.

"Geographic Tongue"

Dear Dr. SerVaas:

We have come to love you through reading our subscription to *The Saturday Evening Post* and the "700 Club."

Four years ago I came down with the shingles and began using L-lysine, which I still take, and am feeling better than I have in years.

My husband also had a slight case of them last summer when he was under much stress. He took some and still does. Thank you so very much!

I am really writing to tell you about a dear friend who has been diagnosed with a "geographical tongue."

She has gone to over 30 doctors and is getting worse, as it now has affected her hands with a pricking and numbing sensation, also some swelling.

We have also read and been told diet is involved, and she is taking B^{12}.

I am wondering if there are any suggestions you or *Post* readers might give us as to the cause of the condition.

Jeanette Teerman
Fremont, Michigan

Vitiligo Ideas?

Dear Dr. SerVaas:

I have a skin condition called vitiligo (white patches). I never read anything about it—is there new medication for it now? What about tanning pills? Are there people in the reading audience who have had it or who have it now? Is there any help?

Mary Szilasi
Flemington, New Jersey

A Diabetic Pickle

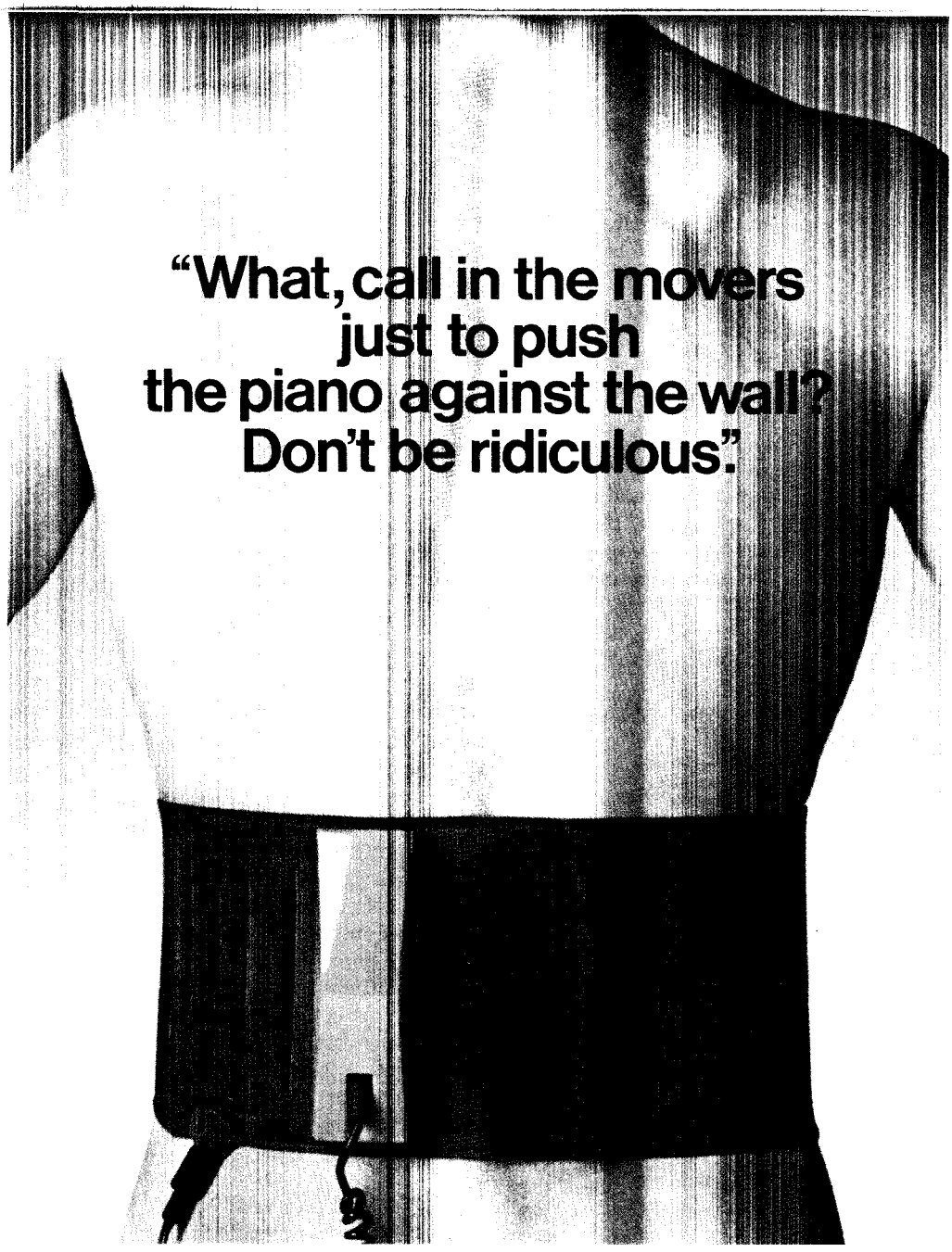
Dear Dr. SerVaas:

I've only recently started reading your magazine, because of the good-health recipes you publish!

My mother is a diabetic and can have *no* sugar, but she loves pickles. Do you have recipes for making pickles using no sugar? Or can you refer me to someone who can supply such information?

I can find nothing in the bookstores or the library. Continue to provide the good reading, positive attitude, and healthy recipes. I love it.

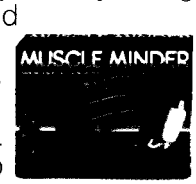
Renee Hallett
Brownstown, Indiana



Introducing Muscle Minder.* It massages soothing heat right where you need it most.

Next time you push yourself too far, switch on the Clairol® Muscle Minder. It's the only heat wrap with a detachable massager that kneads and relaxes your aching muscles and back. And if you think a hot massage sounds good, just wait till you feel it.

Muscle Minder is made of soft, thin material with self-gripping closures that adjust smoothly to your shoulders, legs, neck, lower back, just about anywhere you might need it. The wrap has three heat settings and the massager has three soothing speeds. If you need cold as well as heat, there's even a Muscle Minder* Hot/Cold Pack.



Muscle Minder Heat Wrap with Massager. You'll find it a warm and moving experience.

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The Sulfa Solution

Dear Dr. SerVaas:

In your May/June '86 issue, Dr. Berton Roueché writes about a patient's struggle with hiccups on and off for over 25 years before he finally zeroed in on the culprit—one of the sulfa drugs.

After a bout with a spastic colon and depression for many months, I made an appointment with a general practitioner. In the course of his examination, he inquired about the drug I had been taking for chronic cystitis. It was one of the sulfa drugs. He phoned my urologist and asked him to change my prescription to a nonsulfonamide drug. Almost immediately—no more "spastic" colon, no more depression.

Jean Keune
Englishtown, New Jersey

Colitis Club Grows

Dear Dr. SerVaas:

I have never gone to a doctor about this, as it isn't severe. But having read your article about irritable-bowel syndrome and kidney stones maybe having some connection, I decided to look into this diet. I was very surprised to find the many symptoms I have related to fructose and lactose. When I stay away from these things I have normal bowel movements.

I had a kidney stone removed by shock-wave lithotripsy and am more than willing to find out why I formed one in the first place.

Mrs. Thomas L. Rollinson
Hermitage, Pennsylvania

Dear Dr. SerVaas:

It is great not to have stomach aches after following the Colitis Club diet. I used to have watery diarrhea but it has improved. I had a physical exam while on this diet and my reports are much improved from the last physical examination. My doctor said for a 68-year-old senior I was doing great and he approved of going on this diet.

Thank you for your help!

Alice Hatakeda
Los Angeles, California

Others wishing to receive the Colitis Club diet may do so by writing to Colitis Club, P.O. Box 567, Indianapolis, IN 46206.

Melanoma

continued from page 58

excellent job that no skin grafting was necessary.

My next step after the surgery was to wait for the biopsy report, which would indicate the depth of the tumor —a crucial step. The survival rate in melanoma is determined by the size of the tumor and its depth of skin penetration.

It was a long weekend. In addition to the emotional pain, I now had considerable physical discomfort. Every time I looked at Megan, I cried. The thought of not seeing my daughter grow up was more than I could bear. Tim, as always, was amazing. He hardly left my side as I talked and talked and cried. . . .

My doctor called as soon as she received the biopsy report Monday morning. The news was good, but mixed. On the positive side, the tumor was within the size limits of being "probably cured." The other side —that the tumor had penetrated the third layer of skin—placed it in a higher-risk category. Statistically, I had an 85 to 90 percent chance of being all right. My family physician and the surgeon were elated. And a few weeks later an oncologist told me that, in her business, I was very lucky. I explained to her, "I am not used to being in your business."

I wanted more. I wanted assurances. I wanted a clean bill of health. Most of all, I wanted to return—just for a little while—to my former naiveté. I wanted to be able to ignore the fact that I—that anyone—can die at any time. I wanted to go back to believing "it can't happen to me."

Living

Today I am considered a cancer survivor—I am in a minority. I have suffered no major disfigurement or lingering physical problems as a result of the malignancy. Others see me as a lucky person who lived through cancer. I finally see myself that way too. It has taken a long time.

In spite of my good fortune, however, I cannot say that it is "over." Emotionally, I will always be recovering to some extent.

I will never be considered really cured, because no one can say with certainty that the malignancy has not spread or that I won't have another incidence of melanoma or some other form of cancer. The impact on me is that I have a weighty awareness of my own mortality. I can no longer be complacent about life.

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FROM THE WHITE HOUSE

WHAT'S ON YOUR MIND?

A new book by Merlin R. Carothers, author of best seller, "PRISON TO PRAISE".

STATEMENT FROM THE WHITE HOUSE: "WHAT'S ON YOUR MIND? is the best thing that I have read in years—for me and the nation! Thanks for being receptive to God's message. Please send 100 copies. I believe this is what the governmental leaders need." Two months later ..."We are now using this book for our weekly study group.". . .*Herb Ellingwood, Councel to the President.*

Carothers boldly reaches into scripture and presents clear, irrefutable evidence to support his claim that Christians can control what they think. This possibility opens the door to dramatic changes in every reader.

This new book is typical of the author's style. He gives illustration after illustration of exactly how people have suffered when they entertained wrong thoughts. His stories are so interestingly written that readers feel compelled to keep reading until they learn the solution.

Many books leave the reader under a cloud of guilt for all their past failures, but this book builds toward a final shout of "Victory." The reader is led into a solution so clear that he wonders how he could have been attending church so many years and never been given this simple, clear revelation.

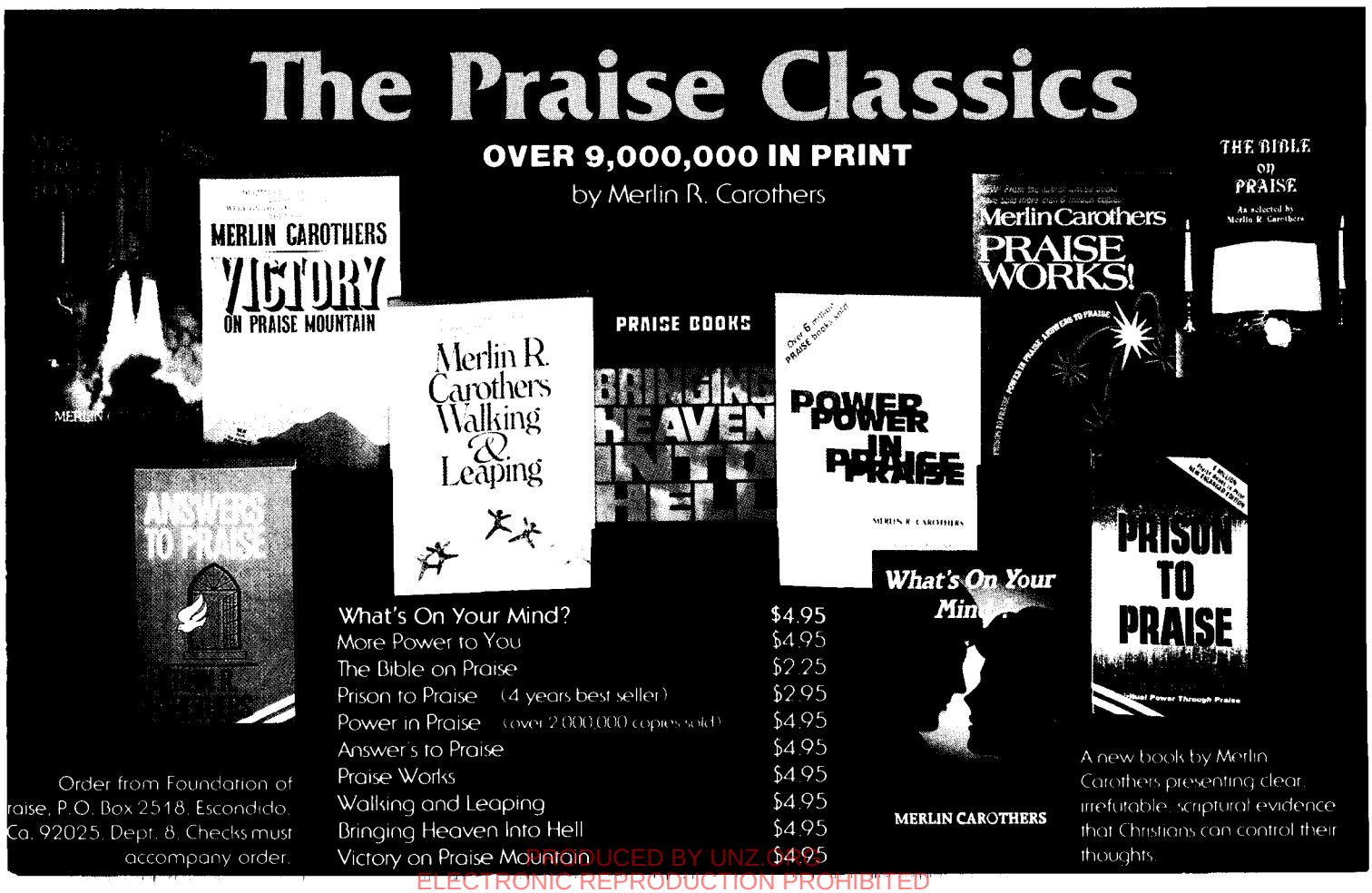
An Excerpt

"Imagine a motion-picture screen above your head. Now, visualize on that screen the thoughts that have come to your mind in recent weeks. Would you be ashamed for everyone you know to see your thoughts? If so, you urgently need to read ..."What's On Your Mind?"

Carothers deals with every day problems in a new, fresh way that is clearly different. In a manner that captivates the reader's attention, he reveals God's plan to release new resources to those who want to receive.

The author's earlier books have been so well received that in nearly every small group you will find people who say, "Oh yes, I know *Carothers'* books. He writes about praising the Lord." That's true, and these books have been so successful that they have already swept around the world—translated and printed in 33 languages. This new book is bound to rapidly receive more attention than anything he has written. Many reports from readers say, "This is different from anything I have ever read by *any* author." Most of those who read "Prison to Praise" thought its principles were amazingly new. Readers of "What's On Your Mind" agree with the President's legal counsel when he said, "the best thing I have read in years," or with laymen who say, "The most unusual book I've ever read."

Copies are available at nearly all religious bookstores or you may order your copy by sending $4.95 to the Foundation of Praise, P.O. Box 2518, Escondido, CA 92025, Dept. 8.



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If it's highest in fiber and best tasting, that's better.

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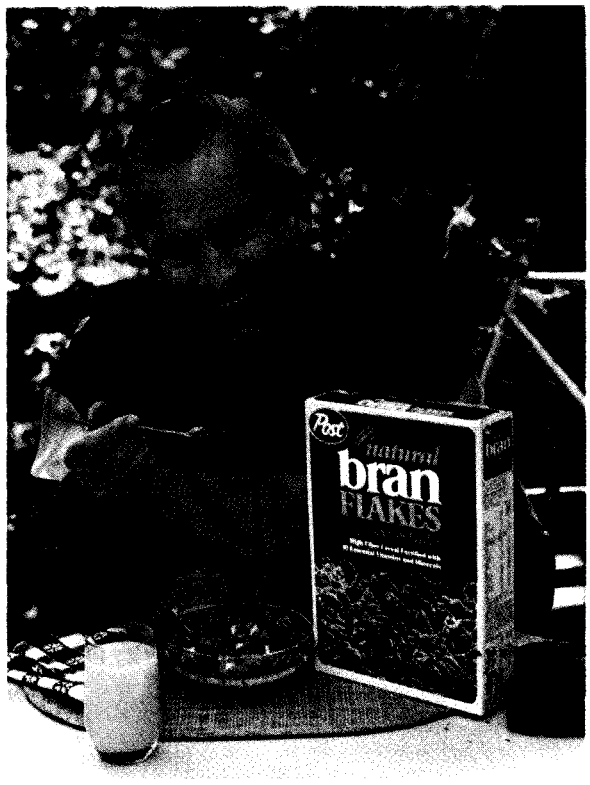

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